

# Cauliflower Risotto

Portion Size: ½ cup    Yield: 6

## Ingredients:

Cauliflower	1 ¾ pound
Canola Oil	4 ½ tsp
Yellow Onion, chopped	¼ cup
Garlic, minced	2 ¼ tsp
Vegetable Broth, low sodium	½ cup
Parmesan Cheese, grated	½ cup
Salt	1/8 tsp
White Pepper	1/8 tsp

## Preparation:

1. Remove leaves and outer part of stems from cauliflower. Roughly chop cauliflower.
2. In small batches, pulse cauliflower in a food processor until in rice size pieces.
3. Heat oil in a sauté pan. Add onions and garlic. Sweat until translucent.
4. Stir in cauliflower "rice" and vegetable broth. Cook for 5 minutes or until tender and heated through.
5. Remove cauliflower from heat.
6. Stir in parmesan, salt, and white pepper

## Nutrition Information Per Serving:

Calories	Protein (g)	Carbs(g)	Fiber (g)	Sugar (g)	Total Fat (g)	Sat Fat (g)	Sodium (mg)
100	5	7	2	2	6	2	240



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