



Cooking in the Kitchen at Olums

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*Cooking Delicious Recipes
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Low-Carb Cauliflower Risotto

Serves 4

Ingredients:

- 4 cups cauliflower rice
- 1 Tbsp olive oil
- 1 shallot, finely chopped
- 1 tsp garlic, minced
- 1 cup (baby bella) mushrooms, chopped
- 1 cup vegetable broth
- ½ cup heavy cream
- 1 cup Parmesean cheese, grated
- Sea salt and pepper

Directions:

1. In a saute pan over medium heat, add the olive oil. Then add the shallot and garlic.
Cook until the shallot is tender. Then add the mushrooms and saute until tender, about 3-5 minutes.
2. Then add in the rice cauliflower and vegetable broth. Cover and simmer about 10 minutes, or until the cauliflower is tender.
3. Stir-in the Parmesean and heavy cream. Season with salt and pepper, to taste.

Optional: Add-in other roasted vegetables like zucchini or asparagus.