

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Cauliflower Rice Stuffing

Serves: 6

Modified from: www.hungry-girl.com

Items Needed: cutting board, knife, skillet, measuring cups, measuring spoons, vegetable peeler, skillet, wooden spoon, food processor or grater

Ingredients:

- 5 cups roughly chopped cauliflower (about 1 medium head) or 3 $\frac{3}{4}$ cups cauliflower rice
- 1 Tbsp butter
- 1 c. chopped onion
- 2 large carrots, peeled and chopped
- 1 c. chopped celery
- 1 $\frac{1}{2}$ tsp chopped garlic
- 1 $\frac{1}{4}$ c. chopped brown mushrooms
- $\frac{1}{2}$ c. low-sodium vegetable broth
- $\frac{1}{4}$ c. chopped fresh parsley (or 1 Tbsp dried parsley)
- 2 Tbsp chopped fresh rosemary (or 2 tsp dried rosemary)
- 1 Tbsp chopped fresh sage (or 1 tsp ground sage)
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp black pepper

Directions:

1. If starting with pre-riced cauliflower, skip to step 2. If starting with roughly chopped cauliflower, pulse in a food processor until reduced to rice-sized pieces, working in batches as needed. Alternatively, you can also quarter the head of cauliflower and grate each quarter on the medium holes of grater.
2. Melt butter in an extra-large skillet over medium-high heat. Add onion, celery, carrots, and garlic. Cook and stir until veggies have slightly softened and garlic is fragrant, about 5 minutes.
3. Reduce heat to medium. Add cauliflower rice, mushrooms, broth, and seasonings. Mix well. Cover and cook for 8-10 minutes.
4. Uncover skillet. Cook and stir until cauliflower rice is tender and liquid has evaporated, about 2 minutes.

Nutrition Information (per $\frac{3}{4}$ cup serving):

Calories: 63 Fat: 2 g Carbs: 10 g Protein: 3 g Fiber: 3 g Sodium: 255 mg