



cara price

CAULIFLOWER RISOTTO

INGREDIENTS

- 4 cups cauliflower, "riced"
- 1 - 8 ounce package mushrooms, finely chopped
- 4 cloves garlic, minced
- 2 shallots, thinly sliced
- 1/4 cup light coconut milk
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/8 teaspoon red pepper flakes

DIRECTIONS

pour olive oil into a large, deep skillet. over medium high heat, sauté shallots 5-7 minutes, until they begin to brown.

add in cauliflower & sauté 5-7 minutes until it seems to be getting soft. add in mushrooms & garlic & continue sautéing another 5 minutes, stirring occasionally.

sprinkle with salt, pepper & red pepper flakes & stir.

pour coconut milk over veggies. allow liquid to boil, but then turn down heat to simmer as soon as it does.

cook "risotto" 5-7 more minutes until liquid is reduced & it becomes a thick cream, sticking to veggies.

serve immediately.

optional garnish: chopped fresh parsley