

CAULIFLOWER "RISOTTO"

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1 head cauliflower- grated into "rice" size with a box grater
- 1 cup onion
- 2 cloves garlic
- 1/4 cup dry white wine
- 1/2 cup chicken stock
- 1/4 cup heavy cream
- 2 tsp. lemon zest
- 1/4 cup toasted pine nuts
- 1/4 cup freshly grated parmesan
- 3 T. parsley

Directions

1. Preheat the oil in a large, high sided sauté pan over medium heat. Add the oil and sauté onion until softened and translucent. Add cauliflower and garlic and season with salt and pepper. Saute 2 more minutes.
2. Deglaze the pan with white wine and stir constantly.
3. Bring the mixture to a simmer after adding chicken broth and heavy cream. Cook until the cauliflower is tender, usually another 6-8 minutes.
4. Remove from heat and add lemon zest, parmesan, pine nuts, parsley and a drizzle of olive oil.

*Adapted from "The Chew"