

Recipe



Prep Time: 15 minutes

Cook Time: 30 minutes

Serving Size: 1/2 cup - 6

County information

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This recipe provided by the Ohio SNAP-Ed Nutrition Education Program

Nutrients Per Serving: Calories 88,
Protein 5 g, Carbohydrate 0 g,
Dietary Fiber 4 g, Total Fat 1 g,
Saturated Fat 0 g, Sodium 300 mg



Cauliflower Stuffing

INGREDIENTS

4 Tablespoons butter
1 onion, chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped and thinly sliced
1 small head cauliflower, chopped
1 cup chopped mushrooms
kosher salt
ground black pepper
1/4 c. chopped fresh parsley
2 teaspoons rosemary
1 teaspoon ground sage
1/2 cup vegetable or chicken broth, low sodium

DIRECTIONS

1. In a large skillet over medium heat, melt butter. Add onion, carrot, and celery and saute until soft, 7 to 8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes.
3. Add parsley, rosemary and sage and stir until combined, then pour over broth and cover with a lid. Cover until totally tender and liquid is absorbed, 15 minutes.
4. Serve.

Source:

Delish.com

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