



## Cauliflower Risotto

Comfort food, rich with flavor and texture!  
Serve with a crisp green salad and a slice of fresh bread slathered in salty butter. Warms your heart and belly.

Ingredients:

One head of cauliflower, just the head grated and stem discarded

One onion, peeled and chopped

2 cloves peeled and chopped garlic bulb

$\frac{1}{4}$  cup white wine of your choice

$\frac{1}{2}$  cup veggie broth

$\frac{1}{4}$  cup toated pine nuts

fresh lemon, parm cheese, salt, pepper

Grate a head of cauliflower minus the woody stem. Or chop and toss in food processor to make fine grains of cauliflower. Save the unused parts in a ziploc in your freezer to make veggie stock! Chop an onion (I like red versus yellow) and sauté with 2 cloves of garlic in a heavy swirl of olive oil. Add that white wine baby. Pour a little in your glass and the rest in the pan. Ok, maybe just about  $\frac{1}{4}$  cup. Let it reduce to a thick paste of yum about 5 minutes. Add in those cauliflower bits and cook 5 minutes. Then you need to make it soupy with veggie broth so add about  $\frac{1}{2}$  cup. Toast some pine nuts ( $\frac{1}{4}$  cup) in a skillet while waiting! Add to the cauliflower, stir in a squeeze of fresh lemon and top with either parm cheese or nutritional yeast! Quick and hearty.

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