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 ¼ cups cauliflower rice
- 1 Tbsp butter
- 1 c. chopped onion
- 2 large carrots, peeled and chopped
- 1 c. chopped celery
- 1 ½ tsp chopped garlic
- 1 ¼ c. chopped brown mushrooms
- ½ c. low-sodium vegetable broth
- ¼ 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)
- ½ tsp salt
- ¼ 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 a 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 ¾ cup serving):

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