



ASPARAGUS, MUSHROOM & CAULIFLOWER “RISOTTO”

By Dr. Cindy Tanzar
(Standard/Vegan/Maintenance)

This recipe is very tasty and can be made with two options for the weight-loss plan, or with a light parmesan cream for maintenance. This dish really does look beautiful on the plate and is impressive for guests. It makes plenty for leftovers during the week, but you can cut it in half easily. Be sure to look to the end of the recipe for options.

Makes 9-10 servings. One serving is 1 cup and covers your vegetable and 1/2 fat for one meal.



INGREDIENTS

- 1 tbsp avocado oil
- 2 tbsp Kerry Gold butter
- 1 small onion, chopped
- 1 8-oz package sliced mushrooms, any kind
- 1 lb. tender, thin asparagus - tough stems removed from bottom and chopped into 1-inch pieces



3 cloves garlic, minced (or 3 tsp minced garlic from a jar)
20 oz frozen cauliflower rice, thawed & drained (can give or take a couple ounces depending on the brand's packaging)
Pink Himalayan salt & black pepper, to taste

INSTRUCTIONS

Heat avocado oil and butter in a large skillet on medium heat (the mixture of the two helps to raise the smoke point of the butter). Add onion and mushrooms and sauté until onions are tender and mushrooms are browned.

Add the asparagus and sauté for 3-4 minutes. Add garlic, stirring for 30 seconds.

Add cauliflower rice (make sure to squeeze out the water), Pink Himalayan salt & pepper, and cook for 5 minutes or until tender. If you need to add another tbsp of butter, you can.

OPTION

You can also add an additional 2 tbsp of butter. If you like, you can sprinkle it with Nutritional Yeast for a cheesy flavor (found in the baking aisle by the regular baking yeast). This would cover your vegetable and fat at one cup.

MAINTENANCE OPTION

Prepare the recipe as written. At the end, add 2 tbsp organic heavy cream and 2-3 tbsp grated parmesan cheese, or to your liking. Stir well. So delicious!