



PUMPKIN CAULIFLOWER RISOTTO

By Dr. Cindy Tanzar

(Standard/Vegan/Vegetarian/Maintenance Plans)

Making risotto is quite a long process, because the arborio rice takes time to absorb the stock to make the final creamy dish. This grain-free, healthy version of risotto utilizes cauliflower rice to provide a rice texture, while the pumpkin lends to a velvety and creamy texture. The addition of sage makes this a perfect Fall side for when your pumpkin cravings hit.

Makes 7-8 servings. One serving of this dish is one cup and covers your vegetable for one meal.



INGREDIENTS

- 1 Tbsp avocado or extra virgin/centrifuged coconut oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 4 cups cauliflower rice (fresh or frozen)



3-4 sage leaves (can sub 1/4-1/2 rubbed/dried sage), optional but good
1 cup canned pumpkin puree
Pink Himalayan salt, to taste
16 oz. vegetable stock (or chicken stock)
1/4 cup + 2 Tbsp Vegan Parmesan (GHS recipe)
(can use Parmesan cheese on maintenance)

INSTRUCTIONS

Heat a large skillet over medium heat. Add the oil, then stir in onions and sauté for 3 minutes. Add garlic and sauté for 1 minute.

Add cauliflower rice, pumpkin, sage, salt and cook for 2-3 minutes.

Add 4 oz of the stock and bring to a low boil. Cook until the liquid starts to reduce, stirring frequently.

Repeat this process 3 more times (adding 4 oz at a time), until all of the liquid has been added. The final sauce should be creamy.

Remove from heat and add Vegan Parmesan or Parmesan cheese.

NOTE: You can add 1-2 Tbsp of heavy whipping cream or coconut cream after cooking if you want to make it more creamy.