

ROASTED CAULIFLOWER STUFFING

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 4-5 servings. A serving is 1.5 cups cooked and covers your fat and vegetable at your meal.



INGREDIENTS

- 1 large cauliflower, cut into small florets
- 1 large onion, sliced in thin wedges
- 1/4 cup celery, thinly chopped
- 2 cloves garlic, minced
- 1/4 cup avocado oil
- 1/2 tsp. poultry seasoning
- 1/4-1/2 tsp. dried thyme, to taste
- 1/2 tsp. ground sage



3/4 tsp. pink Himalayan salt
1/4 tsp. black pepper
2 Tbsp fresh parsley, chopped
1/4 cup chopped pecans

DIRECTIONS

Preheat oven to 450°F. Line a baking sheet with parchment paper.

In a large bowl, stir together the cauliflower, onions, celery and garlic. Add the avocado oil, poultry seasoning, thyme, sage, salt and pepper and toss until well-coated.

Spread the mixture in a single layer onto the baking sheet (may need two sheets to ensure every cauliflower and onion contacts the pan). Roast for 15 minutes. Remove from oven. Add parsley and pecans and stir everything together. Spread back out onto the pan. Roast for 15 minutes longer or until cauliflower and onions are browned and caramelized.