



Weight Loss Done Right!

Cauliflower Stuffing

Ingredients:

- 3 tbsp. Margarine
- 1 onion, chopped
- 2 celery stalks, chopped or thinly sliced
- 1 small head cauliflower, chopped
- 1 c. (8 oz.) baby bella mushrooms, chopped
- Salt to taste
- Ground black pepper to taste
- ¼ c. freshly chopped parsley
- 2 tbsp. freshly chopped rosemary
- 1 tbsp. freshly chopped sage
- ½ c. low-sodium broth

Directions:

1. In a large skillet over medium heat, melt margarine. Add onions and celery and sauté until soft, 7-8 minutes.
2. Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8-10 minutes.
3. Add parsley, rosemary and sage and stir until combined. Pour over broth and cook until totally tender and liquid is absorbed, approx. 10 minutes.

Servings:

Makes 4 2-cup servings, each serving includes your daily Healthy Fat serving of two teaspoons and is two cups of your Select Vegetables.

Recipe courtesy of Delish.com

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