

# cauliflower “Breadless” stuffing

(Low-Carb & Grain Free)

## Ingredients:

- 1 large head of cauliflower, chopped into small florets
- 1 tbsp olive oil
- 1 onion, diced
- 2 celery stalks, diced
- ½ cup mushrooms, chopped
- 2 cloves garlic, minced
- 1 tsp poultry seasoning
- ½ tsp thyme
- ½ tsp rosemary
- 1 cup reduced-sodium broth
- 1 tbsp butter
- salt and pepper to taste

## Process:

- In a large skillet, heat oil and sauté onion, celery, and mushrooms for 5 minutes.
- Add cauliflower and seasonings; cook until tender (10 minutes).
- Stir broth and simmer another 5 minutes until liquid is mostly absorbed.
- Optional: stir in butter before serving for flavor.

## Nutritional information per serving:

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Approximately ½ cup serving

Calories: 60

Carbohydrates: 7g

Protein: 2g

Total Fat: 3g

Fiber: 3g



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