



THANKSGIVING CAULIFLOWER STUFFING

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This dish is amazing! For many, stuffing is the highlight of the Thanksgiving meal. While on the Genesis Health Solutions Weight Loss Program, you don't have to give up flavor or feel like you are missing out on a holiday favorite. Your guests will love it too. This recipe does have carrots, but it is a "maintenance" item or considered as a special meal. If you want to make it weight loss compliant, just use butternut squash instead.

This recipe makes 3-4 servings (depending on size of veggies used). One serving is 1 cup and covers your vegetable and fat for one meal.



INGREDIENTS

- 4 Tbsp. Kerry Gold butter
- 1 onion, small diced/chopped
- 2 carrots, peeled and small diced/chopped (can use butternut squash)
- 2 celery stalks, small diced/chopped
- 1 small-medium head cauliflower, small diced/chopped



1 cup chopped mushrooms, small diced/chopped
Pink Himalayan salt and freshly-ground black pepper, to taste
1/4 cup chopped fresh parsley
1-1/4 tsp. poultry seasoning
1/2 cup organic chicken broth
toasted chopped pecans (optional)

DIRECTIONS

In a large skillet over medium heat, melt butter. Add onion, carrot and celery and sauté until soft, 7 to 8 minutes.

Add cauliflower and mushrooms and season with salt and pepper. Cook until tender, 8 to 10 minutes more.

Add parsley and poultry seasoning and stir until combined. Then add chicken broth and cover, stirring occasionally. Cook until tender and liquid is absorbed, 10-15 minutes.

If you like a little bit of texture or crunch on your stuffing, top with toasted chopped pecans before serving.