

Cauliflower "Grits"

Ingredients:

- 1 medium head Cauliflower or 4 cups Riced Cauliflower
- 1 cup Low-fat Milk or Plant-based Milk
- 1 tbsp Unsalted Butter
- 1/2 tbsp Black Pepper
- 1/4 cup Cheddar Cheese



Directions:

1. If using a head of cauliflower, chop cauliflower into florets and then dice florets until cauliflower is in very small rice-sized pieces. The smaller the better!
2. In a saucepan, add riced cauliflower, milk, butter, and black pepper and cook over medium heat for 10 minutes while stirring frequently
3. Add 2/3 cup cheddar cheese to saucepan and cook for a few more minutes until cheese is melted.
4. Remove from heat and stir in rest of cheese.
5. Makes 4 meals (1-cup servings) or 8 sides (1/2 cup serving). Stores in fridge for about five days.

Why Cauliflower?

A portion of cauliflower grits has about **20 grams fewer carbs** and **2 grams more fiber** than grits made with corn, while keeping the excellent taste!