

# Cauliflower Stuffing

## Ingredients

- 1 Tbsp butter
- 1 onion, chopped
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 small head cauliflower, chopped
- 1 cup mushrooms, chopped
- 1/4 cup fresh parsley
- 2 Tbsp fresh rosemary
- 1 Tbsp fresh sage
- 1/2 cup unsalted broth

## Directions

1. Melt butter in skillet; add onion, carrots, and celery; sauté until soft
2. Add cauliflower and mushrooms; cook until tender
3. Add herbs and stir until well combined
4. Pour broth into mixture and cover with lid; cook until broth is absorbed, about 15 minutes

**Nutrition Facts:** Serving Size: 1/8 of recipe; Calories: 50; Calories from Fat: 15; Total Fat: 2g; Saturated Fat: 1g; Sodium: 110 mg; Total Carbohydrate: 8g; Dietary Fiber: 2g; Added Sugars: 0g; Protein: 2g; Vitamin D: 0mcg; Calcium: 41mg; Iron: 1mg; Potassium: 335mg



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