

Cheesy Mushroom Risotto

PREP TIME

10 min

TOTAL TIME

25 min

Nutrition Information Per Serving

Makes 4 servings

| FAT | PROTEIN | CARBS | CALORIES |
|------------|----------------|--------------|-----------------|
| 17g | 11g | 13g | 234 |

Ingredients

6 cups cauliflower rice (~1 med-large head)

2 cups mixed mushrooms thinly sliced (portobello, cremini, or white work well)

3 Tbsp butter, divided

2 shallots, diced

¾ cup vegetable broth

1 tsp Dijon mustard

½ cup parmesan cheese, grated

½ cup cheddar cheese, shredded

2 Tbsp chives, chopped

salt and pepper to taste

Instructions

1. Use cheese grater or food processor to make rice (or buy pre-riced).
2. Heat 2 Tbsp butter in skillet and cook mushrooms until soft, about 3-5 minutes.
3. Remove mushrooms, drain liquid, and set aside for later.
4. Add remaining 1 tbsp butter to skillet and saute shallots about 1 minute.
5. Add the cauliflower rice and stir to coat with butter, about 2 minutes.
6. Add the broth and cook until absorbed.