



CAULIFLOWER STUFFING

Profile Exchange values: 1 cup vegetables + ½ fat

Number of Servings: 8

Ingredients:

- 1 medium head of cauliflower
- 4 tsp olive oil
- 1 small yellow onion, diced
- 1 garlic clove, minced
- 3 stalks celery, sliced thinly
- 1 cup mushrooms, sliced
- ½ tbsp. poultry seasoning or Mrs. Dash seasoning of choice
- 1 tsp red wine vinegar
- ¼ tsp black pepper

Directions:

1. Pulse cauliflower in a food processor until “rice” consistency is reached.
2. Add olive oil to a large skillet over medium-high heat.
3. Add onions, garlic and celery and sauté for 5 minutes.
4. Add cauliflower and cook for about 10 minutes, or until fully cooked.
5. Add mushrooms and continue cooking until they’ve begun to sweat, about 5 minutes.
6. Top with spices and vinegar and cook for 1 minute.
7. Serve alongside turkey.