

Cheesy Cauliflower Risotto



Serves 4

Ingredients:

- 4 cups finely chopped (or grated) raw cauliflower
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon black pepper
- $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{3}$ cup Mascarpone cheese
- 2 tablespoons shredded Parmesan cheese
- $\frac{1}{4}$ cup prepared basil pesto

Instructions:

1. Combine the cauliflower, butter, salt, pepper, and garlic powder in a microwave safe bowl.
2. Microwave on high for six minutes.
3. Add the mascarpone cheese and microwave on high for 2 more minutes.
4. Add the Parmesan cheese and stir until fully blended and creamy. Cool for 2 minutes.
5. Stir in the basil pesto and serve warm.

Nutrition per serving: Calories 256; Total Fat 24.0 g; Saturated Fat 11.5 g; Monounsaturated Fat 6.3 g; Polyunsaturated Fat 4.7 g; Total Carbohydrates 7.5 g; Dietary Fiber 2.5 g; Sugar Alcohols: 0.1 g; Sugars 2.9 g; Protein 5.2 g; Sodium 556 mg