

Roasted Cauliflower, Mushroom and Wild Rice "Stuffing"

Yield: 8 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/thanksgiving-roasted-cauliflower-recipe>

Ingredients:

- 2 tablespoons olive oil divided
- 1 white onion small, peeled and diced
- 5 cloves garlic minced
- 1 1/2 cups wild rice blend
- 3 cups vegetable stock or half stock + half dry white wine
- 1 lemon , about 3-4 tablespoons
- 1 head cauliflower cut into small florets
- 1 pound baby bella mushrooms halved or quartered*
- 1/3 cup dried cranberries each for toppings:, chopped fresh parsley, freshly-grated Parmesan**,
toasted pine nuts

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 34 grams
3. Fat: 3.5 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. Sodium: 380 milligrams
7. Sugar: 6 grams

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