

RISOTTO WITH CAULIFLOWER

Preparation: **10** minutes | Cooking: **35** minutes | Servings: **4**

INGREDIENTS

<i>1 box (34 ounces) chicken stock</i>	<i>1/3 cup dry white wine</i>
<i>3 thyme sprigs</i>	<i>1/3 cup slivered almonds, toasted</i>
<i>2 garlic cloves, chopped</i>	<i>2 tablespoons parsley, chopped</i>
<i>1 yellow onion, chopped</i>	<i>1 1/2 tablespoons olive oil</i>
<i>2 1/4 cups cauliflower florets</i>	<i>1 1/2 tablespoons butter</i>
<i>1 1/2 cups Arborio rice (sub orzo)</i>	
<i>1/2 cup grated parmesan cheese</i>	



INSTRUCTIONS

Bring chicken stock to a boil in a saucepan. Remove from heat and cover to keep warm. Meanwhile, heat 1 **tablespoon** of oil in a large saucepan over medium-high heat. Cook onion, garlic and thyme for about 5 minutes or until softened. Add rice and stir to coat grains in oil. Add wine and simmer for 1 minute or until absorbed. Add stock, 2 cups at a time, stirring regularly. Leave rice until stock is absorbed and cooked through, about 20-25 minutes. If extra liquid is needed, add 1 cup of water. In a separate pan, heat 2 teaspoons of oil and the butter over medium-high heat. Cook cauliflower florets, tossing occasionally for 10 minutes or until browned. Remove sprigs of thyme. Add cauliflower and parmesan, and stir. Let sit for 2 minutes. Sprinkle with parsley and almonds, and enjoy! Serve with chicken or choice of meat for a source of protein.