

Frugal Foodie Friday: Cauliflower "Risotto" (Dairy-Free AND Gluten-Free)

Recently, I stumbled across the idea of Cauliflower "Rice" on a Paleo / Primal Diet blog. Smitten by this idea for incorporating even more veggies into my dinner (and sneaking cauliflower in on my husband, hehe), I went with it. My first attempt was this Cauliflower "Risotto" with Fresh Basil, which amazingly turned out awesome right out of the shoot!

I have since made it a few times with the nod of approval from my usually cauliflower-hating husband. I have also made some basic cauliflower "rice" to serve as the base under stir-fries. It has worked out well, but my husband agreed that the risotto is just better.

Another Bonus: Surprisingly, a large head of cauliflower makes about 3 to 4 healthy servings. When grated, the cauliflower seemed much less overwhelming than eating large florets. To view the recipe, see my full post on One Frugal Foodie.