Cheesy Cauliflower Grits

The Goldring Center for Culinary Medicine
TULANE UNIVERSITY

These grits have plenty of cheesy flavor and a creamy texture that's a little lighter than your standard grits recipe, making it a perfect nutritious side dish for any meal!

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	10 MIN	30 MIN

INGREDIENTS

1 head	Cauliflower, cut into florets (about 6 cups)
1½ cups	Water
1 cup	Low-fat Milk, 1%
¼ tsp	Kosher Salt
½ cup	Quick Grits, yellow or white
½ cup	Cheddar Cheese, shredded (2 oz)
2 Tbsp	Parmesan Cheese, shredded (½ oz)
1 Tbsp	Butter, unsalted, softened
½ tsp	Smoked Paprika
¼ tsp	Black Pepper
⅛ tsp	Cayenne Pepper

CHEF'S NOTES

To transform the cauliflower into the texture of grits, a food processor or blender is used to break down the florets into tiny pieces. To save time, prepackaged frozen cauliflower rice can also be used in this recipe. If using frozen cauliflower rice, add the cauliflower rice to the simmering liquid and cook for about 4 minutes before adding in the grits.

Look for quick grits, which cook in about 5 minutes, making this a quick to make side dish recipe!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place the cauliflower florets in a food processor or blender and pulse until cauliflower is in small pieces, resembling the size of rice or grits.
3. In a large saucepot, combine the water, milk, and salt and place on stovetop over medium heat and bring to a boil. Reduce to a simmer.
4. When liquid is simmering, add the chopped cauliflower and cook until softened, stirring occasionally, about 6-8 minutes.
5. Once the cauliflower is softened, add the grits and cook for 5 more minutes, stirring often to prevent sticking. Cook the mixture until the grits are creamy. If it becomes too thick, add a little water.
6. Remove the pot from the heat and slowly mix in the butter, cheddar and parmesan cheeses, smoked paprika, cayenne, and black pepper.

Nutrition Facts

6 servings per container

Serving size **1/2 cup (227g)**

Amount Per Serving

Calories **160**

	% Daily Value*
Total Fat 7g	**9%**
Saturated Fat 4g	**20%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 210mg	**9%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 3g	**11%**
Total Sugars 4g	
Includes 0g Added Sugars	**0%**
Protein 7g	**14%**
Vitamin D 0.5mcg	2%
Calcium 160mg	15%
Iron 0.9mg	4%
Potassium 380mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK