

Cheesy Cauliflower Grits



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 6 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 30 MIN
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INGREDIENTS

1 head	Cauliflower, cut into florets (about 6 cups)
1 ½ cups	Water
1 cup	Milk, 1% or reduced fat
¼ tsp	Kosher Salt
½ cup	Grits, yellow or white
1 Tbsp	Unsalted Butter, softened
½ cup	Cheddar Cheese, shredded
2 Tbsp	Parmesan Cheese, shredded
½ tsp	Smoked Paprika
1/8 tsp	Cayenne Pepper
¼ tsp	Black 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 corn 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 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 (169 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 4.5g 6%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 15mg 4%

Sodium 180mg 8%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 5g 11%

Vitamin D 0.51mcg 3%

Calcium 120mg 9%

Iron 0.23mg 0%

Potassium 200mg 4%

*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.

Recipe adapted from *Health meets Food*, "Shrimp & Cauliflower Grits" (11/11/16)



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