

Goat Cheese, Asparagus and Cauliflower Risotto

Prep time:

15 minutes

Cooking time:

15 minutes

Yields:

4 servings

Ingredients

- 1 medium head of cauliflower, chopped in a food processor to create a rice texture
- 1 ½ cups asparagus, chopped and blanched
- ½ c. vegetable broth
- 1 large shallot, diced
- 3 cloves garlic, minced
- ½ tsp. fresh thyme
- ½ cup parmesan
- ½ cup goat cheese
- 1 tablespoon butter
- Salt and pepper to taste

Instructions

1. In a medium-sized pot, saute the shallots, garlic, and thyme for 2-3 minutes or until fragrant and translucent.
2. Add grated cauliflower and broth and cook until cauliflower starts to soften, 2-3 minutes.
3. Add cheese, asparagus and butter and stir until combined.
4. Season to taste.