



## Asparagus and Cauliflower Risotto Recipe

Adapted from dailyburn.com

Serves 6

Prep time: 15 minutes

Cook time: 30 minutes



### Ingredients

2 heads cauliflower, medium

2 shallots finely chopped

1 bunch asparagus, ends trimmed

2 Tbsp. of olive or coconut oil

4 cloves garlic, minced

1-2 cups of chicken broth

4 Tbsp. of grated Parmesan cheese

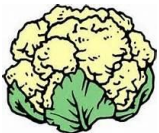
2 lemons, zested and juiced

1 bunch of fresh basil

Salt and pepper, to taste

### Directions

1. Remove stem and leaves from cauliflower. Separate florets and place in a food processor. Process slowly until it reaches the consistency of rice. Set aside.
2. Prepare asparagus by washing and then cutting the bottom ends from the stalks. Bring a pot of water to a rolling boil, blanch asparagus and set aside.
3. Coat the bottom of a large, high-sided skillet with the oil. Add the shallots and season with salt and pepper. Cook about eight minutes or until shallots are translucent.
4. Next, add garlic and sauté until aromatic.
5. Add in the cauliflower 'grains' and let the cauliflower cook for four to five minutes.
6. Add in chicken broth. Let cook until broth has simmered out and the cauliflower is tender.
7. Stir in parmesan until melted and the "risotto" has a creamy, blended texture.
8. Add lemon zest and juice and continue cooking to keep mixture thick.
9. Cut asparagus on the bias and add to "risotto".



Cauliflower is a white, flowering, cruciferous vegetable (other cruciferous vegetables include broccoli, Brussels sprouts, collard greens, cabbage, and bok choy). Vegetables in this family have been found to have a multitude of medicinal benefits. Here are **eight health benefits of cauliflower** that may make you want to include it in your diet on a regular basis.

**Cancer Prevention** - A diet high in cruciferous vegetables has been linked to a significant reduction in the risk of cancer, especially prostate cancer, breast cancer, colon cancer, ovarian cancer, and bladder cancer. One Canadian study found that eating a half cup of cauliflower per day reduced the risk of prostate cancer by 52%. **Better Digestion** - Cauliflower is a great source of dietary fiber, which is essential for optimal digestion. When you get enough fiber in your diet, it helps to keep things moving smoothly through the intestines. Cauliflower also contains a compound called glucoraphanin, which protects your stomach and intestines from certain health conditions such as cancer and ulcers. **Antioxidants** - Cauliflower contains a high amount of antioxidants, which are essential for the body's overall health and help to prevent heart disease, cancer, and stroke. Antioxidants are also essential in destroying free radicals that accelerate the signs of aging. **Anti-Inflammatory** - Because of the omega-3 fatty acids and vitamin K in cauliflower, it helps to prevent chronic inflammation that leads to conditions such as arthritis, chronic pain, and certain bowel conditions. **Pregnancy** - Cauliflower provides a good amount of folate (B9), a B vitamin that is necessary for a healthy pregnancy. Folate deficiency in pregnant women can lead to problems such as birth defects and low birth weight. **B Vitamins** - In addition to folate, cauliflower is also loaded with other important B vitamins like niacin, riboflavin, pantothenic acid, and thiamine. **Heart Health** - Cauliflower protects from heart disease in many ways. It contains allicin, which has been found to reduce the occurrence of stroke and heart disease. Additionally, cauliflower can help to lower cholesterol levels in the body. **Weight Loss** - Cauliflower is a great food to include in your diet if you're dieting because it's low in calories and can be used in a variety of ways. Try grating the cauliflower into a "rice" and using it in stir-fries instead of regular rice. You can also boil cauliflower and mash it into a healthier version of mashed potatoes.