



# Cheesy Mushroom Risotto

## PREP TIME

10 min

## TOTAL TIME

25 min

## Nutrition Information Per Serving

Makes 4 servings

### FAT

17g

### PROTEIN

11g

### CARBS

13g

### CALORIES

234

## Ingredients

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6 cups cauliflower rice (~1 med-large head)

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2 cups mixed mushrooms thinly sliced (portobello, cremini, or white work well)

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3 Tbsp butter, divided

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2 shallots, diced

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$\frac{3}{4}$  cup vegetable broth

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1 tsp Dijon mustard

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$\frac{1}{2}$  cup parmesan cheese, grated

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½ cup cheddar cheese, shredded

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2 Tbsp chives, chopped

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salt and pepper to taste

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## Instructions

1. Use cheese grater or food processor to make rice (or buy pre-riced).
2. Heat 2 Tbsp butter in skillet and cook mushrooms until soft, about 3-5 minutes.
3. Remove mushrooms, drain liquid, and set aside for later.
4. Add remaining 1 tbsp butter to skillet and saute shallots about 1 minute.
5. Add the cauliflower rice and stir to coat with butter, about 2 minutes.
6. Add the broth and cook until absorbed.
7. Add mustard and remove from heat.
8. Stir in mushrooms and cheese. Season with salt and pepper to taste. Top with fresh chives to serve!

### **Pro Tip:**

Sprinkle with some extra parmesan cheese to garnish!

*Adapted from <http://mariamindbodyhealth.com/low-carb-mushroom-risotto/> AND  
<http://ketodietapp.com/Blog/post/2015/05/31/cheesy-low-carb-risotto>*