

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## ***Cauliflower Polenta with Mushrooms and Walnuts***

1 medium head of cauliflower, roughly chopped  
4 garlic cloves, in their skin  
1 medium yellow onion, peeled and quartered  
2 cups (500 mL) mushrooms, chopped  
1 tsp (5 mL) dried thyme  
1/2 cup (125 mL) beef broth  
1/4 cup (60 mL) parmesan cheese  
1/4 cup (60 mL) walnuts, chopped  
2 tablespoons (30 mL) fresh parsley, chopped

Preheat the oven to 350F (180C). Line a baking sheet with aluminum foil. Place the chopped cauliflower on the baking sheet and drizzle with one teaspoon of the oil. Mix it up a bit. Add the unpeeled garlic cloves. Put cauliflower and garlic in the oven and bake for 20 minutes.

Remove the cauliflower from the oven and turn each piece over. Add the onion to the cauliflower and return the baking sheet to the oven and bake for another 20 minutes.

Meanwhile, heat olive oil in a large frying pan over medium-high heat. Add the mushrooms and thyme, stirring only occasionally, until the mushrooms are dark brown, about 8 - 10 minutes.

Once the cauliflower comes out of the oven, put it in a food processor with the onions and squeeze the garlic out of their skins into the processor. Add the broth and parmesan cheese and blend until it is creamy. Season to taste with salt and pepper.

Serves 4.



*Recipe courtesy of Lynn Ogryzlo  
Photograph courtesy of Jon Ogryzlo  
www.ontariotable.com*

*Episode 27: Thoughts on a Ketogenic Diet*

*Email Lynn with questions or comments at  
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### **To serve:**

Spoon the cauliflower polenta into a bowl and make large swirls on the top. Spoon on the thyme mushrooms, sprinkle with walnuts and drizzle a little extra virgin olive oil. Enjoy with crudities.

***Because What You Put In Your Body Matters!***