

Barbecue Rotisserie Chicken and Cauliflower Grits

Don't rush processing the cauliflower; it's key to giving the puree the consistency of grits. You can also use purchased riced cauliflower. If it's frozen, you can toss it right into the saucepan unthawed.

Ingredients

- 12 ounces cauliflower florets or riced cauliflower
- 1 cup unsalted chicken stock
- 1/2 cup coarsely ground cornmeal
- 3 ounces sharp cheddar cheese
- 1/2 teaspoon black pepper
- 1/8 teaspoon kosher salt
- 1/2 cup unsalted tomato sauce
- 3 tablespoons water
- 2 tablespoons yellow mustard
- 1 tablespoon ketchup
- 3/4 teaspoon garlic powder
- 1/2 teaspoon chipotle chile powder
- 1/2 teaspoon onion powder
- 12 ounces shredded rotisserie chicken
- 1/4 cup sliced scallions



Instructions

Step 1

Process half of the cauliflower in a food processor until very finely chopped. Transfer to a medium saucepan. Repeat with the remaining cauliflower. (Alternatively you could purchase riced cauliflower.) Add stock and cornmeal to pan with cauliflower; bring to a boil over high. Cover and reduce heat to medium-low; simmer, whisking often, until cauliflower is cooked and mixture is thickened, about 10 minutes. Remove from heat. Stir in cheese, pepper, and salt. Cover to keep warm.

Step 2

Combine tomato sauce, 3 tablespoons water, mustard, ketchup, garlic powder, chile powder, and onion powder in a small saucepan. Bring to a simmer over medium. Simmer, stirring often, until slightly thickened, about 6 minutes. Stir in shredded chicken. Divide cauliflower mixture among 4 bowls. Top evenly with chicken mixture. Sprinkle with scallions.