

From our kitchen to yours



Cauliflower Fried “Rice”

PREP TIME: 15 min COOK TIME: 13 min TOTAL TIME: 28 min YIELDS: 4

Ingredients:

1 tbsp	olive oil	1 tsp	sesame oil
3	green onion, scallion, chopped	1 1/2 tbsp	soy sauce (reduced-sodium)
1/4 cup	low sodium chicken broth (no salt added)	1/8 tsp	ground ginger
2	large carrots (fine diced)	3 cup	cauliflower florets
1/8 tsp	black pepper (ground)		

Directions:

Cut the cauliflower into small chunks and process in a food processor until rice consistency, or grate the head of cauliflower with a grater; set aside.

Heat 1/2 Tbsp. olive oil in a nonstick pan over medium-high heat. Add carrots and scallions and sauté for 5 minutes.

Add remaining 1/2 Tbsp. olive oil and sesame oil to pan. Add cauliflower “rice” and remaining ingredients and lower heat to medium-low. Cook cauliflower mixture for 6-8 minutes, stirring frequently. Cauliflower should be tender, but not mushy.

