

CAULIFLOWER FRIED RICE



INGREDIENTS:

- 1 medium head of cauliflower, riced (instructions below) or 1 bag of fresh or frozen cauliflower crumbles
- 2 TBSP of extra virgin olive oil
- 2 eggs, beaten
- 2 cloves garlic, minced
- 3 TBSP low-sodium soy sauce or Braggs Liquid Aminos
- 2 cups non-starchy veggies: Bok choy/ Zucchini/ green and yellow onion
- 1-2 colored peppers, chopped

DIRECTIONS:

If using a fresh cauliflower head, rinse and chop into florets. Place florets in food processor and process until the cauliflower has a rice like texture.

Heat a large saucepan, electric skillet or wok over medium heat. Add garlic and onion and sauté until brown.

Add cauliflower and other veggies, Sautee about 3- 4 minutes.

Clear a space in the center of the pan, pour egg mixture and scramble.

Cook another 5-6 minutes, Add soy sauce.

(Optional: Make this a meal by mixing in lean meat like chicken or shrimp for additional protein.)