

Cauliflower Rice

By Avie Rosacci

4 servings

Ingredients:

½ large head cauliflower
1 Tbsp. olive oil
1 small clove garlic; minced
Salt & Pepper to taste

Instructions:

Cut cauliflower into small florets. Wash and let drain.

In your food processor with the chopping blade, drop in cauliflower and turn on to chop into pieces that appear to be about the size of rice, maybe a little larger. Remove from processor and set aside.

In large skillet, (cast iron is my favorite) heat olive oil and add minced garlic. Cook until garlic is a tiny bit brown and aromatic. Toss in cauliflower and sauté until done. This should take between 5-7 minutes.

Holds for about 3-4 days in the refrigerator. This can be used as a rice substitute in Asian meals as well as any of your family's traditional meals. Mix and match seasonings...if you like hot, add crushed red pepper or cayenne, if you like Asian, feel free to add liquid aminos. If you want to use in soup, add at the last 10 minutes of cooking just to heat through. Enjoy!

Nutrition estimate per serving

Calories: 57 - Protein: 2.1 grams - Carbohydrate: 5.6 grams - Fat: 3.7 grams



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