

CAULIFLOWER RICE WITH ROASTED VEGETABLES



DIFFICULTY

EASY



TIME

50 MIN



SERVES

4-6

INGREDIENTS

1 medium Head of Cauliflower, broken down in to florets and pulverized in food processor until small grains are formed
3 Tbsp Olive Oil, divided
1 tsp Sea Salt, divided
½ tsp Garlic Powder
1 tsp Dried Oregano
½ tsp ground Cumin
2 tsp Apple Cider Vinegar
the Zest of ½ a Lemon
¼ Cup Chopped Parsley Leaves
¼ Cup Basil Leaves, cut Chiffonade
Sea Salt and Pepper
1 Cup diced assorted cold roasted or grilled vegetables
1 Cup of Spinach Leaves

DIRECTIONS

1. Prepare Cauliflower by pulsing it into rice in food Processor
2. In a large sauté pan, heat 1 Tbsp of the Olive Oil
3. Add Cauliflower, ½ tsp Sea Salt, Garlic Powder, Oregano and Cumin. Cook on medium heat, stirring occasionally, for 6-9 minutes, or until rawness is out of the cauliflower
4. Turn off the heat and transfer to a bowl to cool for at least 30 minutes
5. Take the cooled cauliflower rice and add the remaining 2 Tbsp of Olive Oil, Apple Cider Vinegar, Season with Sea Salt and Pepper and fold in the Spinach Leaves and diced Roasted Vegetables. Garnish with the basil leaves
6. Transfer to a serving dish(es) and enjoy!

NUTRITION FACTS PER SERVING

Calories: 144 Fat: 14.2g (Saturated Fat: 2g) Carbohydrates: 5.2g Fiber: 1g Sugar: 2.3g Protein: 1.8g



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