

Cauliflower “Fried Rice”

Nutrition Facts:	
Yield	4
Calories	108
Fat	3 g
Sodium	826 mg

Code
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Ingredients Needed:

1 medium head cauliflower, rinsed
1 Tbsp. sesame oil
2 egg whites
1 large egg
Cooking spray
½ small onion, diced fine
½ cup frozen peas and carrots
2 garlic cloves, minced
5 scallions, diced, whites and greens separated
3 Tbsp. soy sauce

Recipe Directions:

- Remove the core and let the cauliflower dry completely. Coarsely chop into florets, place half of the cauliflower into a food processor and pulse until the cauliflower is small and has the texture of rice- don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
- Combine egg and egg whites in a small bowl and beat with a fork.
- Heat a large sauté pan over medium heat and spray with oil. Add the eggs and cook, turning a few times until set, set aside.
- Add the sesame oil and sauté onion, scallion whites, peas and carrots, and garlic about 3 to 4 minutes, or until soft.
- Raise the heat to medium-high. Add the cauliflower “rice” to the sauté pan along with soy sauce. Mix, cover, and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside. Add the egg then remove from heat and mix in scallion greens.

