

Cauliflower Fried Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10

Ingredients	Quantity	Measure
Cauliflower, fresh, cut into florets	4	cups
Sesame or olive oil	2	tablespoons
Shallot, minced	1	shallot
Garlic, minced	1	clove
Frozen peas and carrots	½	cup
Frozen corn	½	cup
Fresh zucchini squash, julienne	¼	cup
Fresh yellow squash, julienne	¼	cup
Broccoli, florets	¼	cup
Soy sauce, reduced sodium	2	tablespoons

Preparation

1. Put cauliflower florets in a food processor and pulverize until small and the texture resembles rice.
2. In a medium skillet, heat the oil over medium-high heat.
3. Add shallots and garlic sauté for 3-4 minutes.
4. Add peas, carrots, corn, zucchini, yellow squash and broccoli florets to the shallots and garlic and sauté for 3-4 more minutes.
5. Then add cauliflower rice to the vegetables and continue to cook for 5 minutes while tossing the mixture together.
6. Add soy sauce and cook for 2-3 minutes.
7. Taste and season to your liking.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 48 Total Fat: 1.2g Saturated Fat: 0g Trans Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Carbohydrate: 7g Fiber: 2.7g Total Sugars: 1.9g Protein: 3.8g Sodium: 116mg Vitamin A: 57mg Vitamin C: 32mg Calcium: 32mg Iron: 0.9mg Folate: 98mcg