

# Mexican Cauliflower Rice

DEVELOPED BY: Chefs Anita, Carolyn, Maria and Patty at Northern Michigan University

Servings: 4

Serving Size: 3 oz

Ingredients	Quantity	Measure
Cauliflower	1	head
Cauliflower rice, frozen	12	ounces
Olive oil	1	Tablespoon
Garlic	2	cloves
Jalapeno, seeded and minced	1	Each
Tomato paste	3	Tablespoons
Sea salt	1	Teaspoon
Cumin	1	Teaspoon
Paprika	½	Teaspoon
Cilantro, fresh, chopped	3	Tablespoons
Lime juice	1	tablespoon

## Preparation

1. Rice the cauliflower. Slice the florets from the head of the cauliflower. Fit a food processor with the s-blade. Place half the florets into the bowl of the food processor and pulse until riced, scraping down the sides once halfway through to catch any larger pieces. Scrape out the riced cauliflower and repeat with the remaining florets.
2. Heat a skillet over medium high heat. Add the oil and heat until it shimmers. Add the onion and sauté until soft and translucent, stirring occasionally, 5-6 minutes.
3. Add the garlic and jalapeno and sauté until fragrant, 1-2 minutes.
4. Add the tomato paste, salt, cumin, and paprika and stir into the vegetables.
5. Add the cauliflower rice and stir continuously until all ingredients are incorporated. Continue sautéing, stirring occasionally, until the cauliflower releases its liquid and is dry and fluffy.
6. Remove the Mexican cauliflower rice from heat. Stir in the cilantro and lime juice. Serve immediately.

