

Cauliflower Fried Rice

It's Chinese takeout, without the guilt.



INGREDIENTS:

- 1 large head of cauliflower, chopped
- 1 clove garlic, minced
- 1/2 shallot, minced
- 1/2 cup frozen peas and carrots, thawed
- 1/2 cup frozen corn, thawed
- 2 tablespoons sesame oil
- 2 tablespoons soy sauce

DIRECTIONS:

1. Preheat oven to 375 degrees Fahrenheit.
2. Chop cauliflower into small florets and put them into a food processor.
3. Pulse until it's small and looks like rice—not too much or it'll turn to mush.
4. In a bowl, combine cauliflower rice, sesame oil, garlic and shallots.
5. Spread the cauliflower mixture onto a large baking sheet and roast for 8 minutes. Turn over the mixture and roast for another 8 minutes.
6. Add the veggies to the cauliflower rice and stir. Roast for another 3-5 minutes and then add to a bowl.
7. Pour in soy sauce and stir. Feel free to add scrambled eggs, shrimp or chicken for an extra boost of protein.

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