



CAULIFLOWER FRIED RICE

Swap out white rice with riced cauliflower and you've got a healthy alternative to traditional fried rice.

INGREDIENTS

- 2 eggs whisked
- 4 Tbsp butter or vegetable oil divided
- 2 medium carrots peeled and diced
- 1 small white or yellow onion diced
- 1/2 C frozen peas
- 2 cloves garlic minced
- 4 C cauliflower rice, raw
- 1/4 C green onions thinly sliced
- 3 Tbsp soy sauce (or liquid aminos) or more to taste
- 1/2 Tsp toasted sesame oil



INSTRUCTIONS

1. Using a large saute pan, melt 1 tablespoon of butter over medium heat. Once hot, add the whisked egg, stirring only occasionally until soft scrambled. Remove from pan and set aside.
2. Melt two additional tablespoons of butter or oil and increase heat to medium-high. Add diced carrots, onion, and peas. Stir to coat in butter /oil and allow to cook until slightly brown, stirring occasionally, about 3-5 minutes. Add garlic and allow to cook for an additional minute.
3. Push the sauteed veggies to the sides of the pan, add the remaining tablespoon of butter/oil to the middle of the pan, and add the cauliflower rice. Give it a quick stir to distribute the melted butter, but allow it to brown slightly by not stirring for a couple of minutes. Once the bottom of the cauliflower starts to brown, stir all the veggies together and allow them to cook for another couple of minutes.
4. Stir in the green onions, soy sauce, sesame oil, and cooked egg. Remove from heat.

How to rice cauliflower:

You can rice your own cauliflower, or get seom frozen cauliflower rice. To rice your own, take a head of cauliflower, remove core and cut into quarters. Then with a box grater, sing medium sized holes, grate the cauliflower. Or you can use a food processor with a grater blade. If using frozen, thaw and drain any excess liquid.

Also - feel free to add in any of your favorite veggies (chopped broccoli, zucchini, peppers, etc) or any meat that you would like!