

## Cauliflower Fried "Rice"



Servings: 4

Servings size: ½ cup

### Nutrition Information:

8 carbohydrates

80 calories

3g fiber

7g fat

1g saturated fat

3g protein

45mg cholesterol

260mg sodium

### Ingredients:

3 cups cauliflower florets

1 tbsp. olive oil, divided

2 large carrots, finely diced

3 scallions chopped

1 tsp sesame oil

1½ tbsp. reduced-sodium soy sauce

¼ cup no-salt-added, fat-free chicken broth

⅛ tsp. ground ginger

⅛ tsp. ground black pepper

### Directions:

1. Place cauliflower in a food processor and process until rice consistency; set aside.
2. Heat ½ tbsp. olive oil in a nonstick pan over medium-high heat, add carrots and scallions and sauté for 5 minutes.
3. Add remaining ½ tbsp. olive oil and sesame oil to pan. Add cauliflower "rice" and remaining ingredients and lower heat to medium-low. Cook cauliflower mixture for 6-8 minutes, stirring frequently. The cauliflower should be tender, not mushy.

*Dietitian Tip: Some grocery stores now sell pre-chopped cauliflower "rice" in the frozen or refrigerated produce section. Look for this convenient option or use a box grater if you don't have a food processor.*

*MAKE IT GLUTEN-FREE: Purchase gluten-free chicken broth and gluten-free soy sauce. Confirm all other ingredients are gluten-free and this recipe can be made gluten-free.*