

TEXAS A&M AGRI LIFE EXTENSION

What's Cooking? Cauliflower "Fried Rice"

Ingredients:

- 1 medium head (about 24 oz) cauliflower, rinsed
- 1 tbsp sesame oil
- 2 egg whites
- 1 large egg
- pinch of salt
- cooking spray
- 1/2 small onion, diced fine
- 1/2 cup frozen peas and carrots
- 2 garlic cloves, minced
- 5 scallions, diced, whites and greens separated
- 3 tbsp soy sauce, or more to taste

Directions:

- Remove the core and let the cauliflower dry completely.
- Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
- Combine egg and egg whites in a small bowl and beat with a fork. Season with salt.
- Heat a large saute pan or wok over medium heat and spray with oil.
- Add the eggs and cook, turning a few times until set; set aside.
- Add the sesame oil and saute onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft. Raise the heat to medium-high.
- Add the cauliflower "rice" to the saute pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
- Add the egg then remove from heat and mix in scallion greens.

Read more at <http://www.skinnytaste.com/cauliflower-fried-rice/#ILCHJ66iw0FdUHx3.99>

Nutrition Facts per Serving:

- Yield: 4 servings, Serving Size: 1 1/3 cup
- Calories: 108
- Total Fat: 3g
- Saturated Fat: g
- Cholesterol: 47mg
- Sodium: 868mg
- Carbohydrates: 14g

HEALTHY TIP: Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without. Eating a variety of plant foods can help. Vegetables, beans, and lentils are all great substitutes. Try including one meatless meal per week to start out.

Source: Academy of Nutrition and Dietetics

Source: Skinnytaste