

Cauliflower Rice

Total Yield: 1 ½ - 2 cups (2 servings)

Serving Size: ¾ - 1 cup

Cooking Methods: Sauté on stove top

Estimated Prep Time: 10 minutes

Estimated Cooking Time: 7 – 10 minutes

Ingredients

Head of cauliflower	½ medium
Coconut oil	1 tbsp
Garlic, minced	1 clove
Salt & Pepper	To taste

Nutrition per serving

Calories (kcal)	102.0
Total Fat (g)	7.3
Saturated Fat (g)	1.0
Sodium (mg)	43.8
Total Carbohydrates (g)	7.6
Fibre (g)	2.5
Net carbohydrates (g)	5.1
Protein (g)	2.9

Allergens: N/A

Instructions:

1. Rinse cauliflower and breakaway from main stem in large chunks
2. Using a cheese grater or a food processor, grate the cauliflower to a coarse texture.
3. Heat the coconut oil in a skillet over medium heat.
4. Sauté the onion and garlic for 3-4 minutes, or until onion is translucent.
5. Add in cauliflower rice and continue to sauté for 4-5 minutes
6. Season with salt and pepper, and serve.

Substitution Tips

- You can process broccoli as well to make cauliflower + broccoli rice
- You can use stir fry vegetables (i.e. red peppers, onion, etc.) to make cauliflower fried rice



Adapted from: Staley, B. & Mason, H. 'Make it Paleo'