Cauliflower Fried “Rice”
Servings: 4
Total time: 15 minutes

Ingredients:
- 1 medium cauliflower
- 2 Tbsp sesame oil
- 1 large carrot, cubed
- 1 cup broccoli florets
- 2 garlic cloves, minced
- 1 cup edamame
- 2 eggs, beaten
- 3 Tbsp soy sauce (low sodium if possible)
- 6 green onions, sliced

Preparation:
1. Shred the cauliflower using a grater or in a food processor until it resembles rice.
2. In a large skillet, heat 1 Tbsp sesame oil. Add carrots, broccoli, and garlic and cook for 5 minutes.
3. Add 1 Tbsp sesame oil and “riced” cauliflower. Cook until cauliflower is soft.
4. Move the veggies to the sides of the skillet. In the middle, add the eggs. Scramble the eggs until fully cooked. Mix everything together with the soy sauce and green onions.
5. Serve immediately.

Tip: Add any combination of your favorite vegetables! Try sliced mushrooms, snow peas, greens, or chopped zucchini.

Nutrition Facts (1/4 recipe)
Energy: 187 Cal  Fat: 11g  Carb: 16g  Fiber: 6g  Protein: 11g

Our Dietitians
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