Cauliflower Fried Rice:

A delicious, nutrient rich take on a popular Asian dish. This recipe is a simple and addicting way to eat more vegetables.

Ingredients

1 medium-sized head of cauliflower
1 T sesame oil
1 large carrot, cubed (1/2 C)
2 garlic cloves, minced (1 tsp)
1 C frozen edamame, shelled
1 T sesame oil
2 beaten eggs
3 T low-sodium soy sauce
6 green onions, minced

Directions

Shred cauliflower using largest side of a grater or pulsing rough-cut pieces in a food processor until rice like.

Heat sesame oil in a large skillet over medium-low heat.

Add the carrots and garlic and stir-fry until fragrant, about 5 minutes.

Add cauliflower, edamame, and remaining sesame oil to pan; stir fry quickly to cook the cauliflower to a soft (not mushy) texture.

Make a well in the middle, turn heat down, and add the eggs. Stir eggs gently until almost cooked, then stir into cauliflower.

Remove from heat, add soy sauce and green onions just before serving.

Chef’s Tip

Make sure to buy pre-shelled edamame. You can find it in the frozen vegetable section in most grocery stores.

If you don’t have a blender available, you can also use a cheese grater to make the cauliflower rice.