Cauliflower “Fried Rice”
Serves 4

Ingredients:

- 1 medium head (about 3 c.) cauliflower, rinsed
- 1-2 Tbsp. vegetable oil
- 2 egg whites
- 1 large egg
- ½ small onion, diced
- ½ cup frozen peas and carrots
- 2 garlic cloves, minced
- 3 Tbsp. reduced sodium soy sauce

Directions:

1. Remove the core, rinse and let the cauliflower dry completely.
2. Chop cauliflower into florets, then place half of the cauliflower in food processor or powerful blender, pulse until the cauliflower is small and has the texture of rice (a cheese grater will work for rice texture as well if you do not have a food processor/blender). Do not over process or it will become mushy. Continue with the other half of cauliflower.
3. Combine egg and egg whites in a small bowl and beat with a fork.
4. Heat a medium pan with 1 tsp vegetable oil (or non-stick spray) over medium heat.
5. Add the egg mixture and fully cook, turning a few times. Set aside.
6. In a separate, large pan heat remaining vegetable oil over medium-high heat. Add onions, peas and carrots, and garlic. Cook for 3-4 minutes, or until soft.
7. Add cauliflower “rice” to the large 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.
8. Add the cooked egg to the mixture, remove from heat and serve.
   **Adding chicken or beef goes well with this recipe.

Nutrition Information: Calories: 108, Fat: 3g, Carbohydrates 14g, Protein 9g