



Cauliflower Fried Rice

<p>1 Tbsp olive oil 1 small onion, minced 2 cloves of garlic, minced</p>	<p>1. In a large skillet, set to medium heat, add olive oil to pan, and sauté onions and garlic until translucent and slightly browned.</p>
<p>½ cup diced carrots, frozen or fresh ½ cup peas, frozen or fresh Additional veggies as desired such as broccoli, zucchini, bell peppers, snow peas (optional)</p>	<p>2. Add carrots, peas and any additional veggies to pan and sauté for about 5 minutes, until carrots are tender.</p>
<p>1 bag of “riced” cauliflower, frozen or fresh OR 1 medium head of cauliflower “riced” in the food processor</p>	<p>3. Add “riced” cauliflower to pan and cook until tender and hot.</p>
<p>2-3 large eggs, beaten</p>	<p>4. Push aside hot cauliflower mixture to one side of the skillet. Pour beaten eggs to the other side and scramble until cooked.</p>
<p>½ tsp sesame oil 2 Tbsp low sodium soy sauce 1 tsp sriracha sauce (optional) ¼ cup green onions, sliced</p>	<p>5. Add sesame oil, soy sauce, sriracha sauce and green onions to pan and stir until combined. 6. Serve with chicken, pork, beef, shrimp or tofu.</p>

Nutrition Facts:

~4-6 Servings / Recipe

Calories 129

Fat 5g

Total Carbohydrates 15g

Fiber 5g

Protein 7g