

Cauliflower Rice

LifeStart Wellness Network

I like season with salt, pepper, and garlic powder. Then add parmesan cheese when the cauliflower is cooked. You can also saute mince garlic in the same pan. Try adding a fried egg, some vegetables, and soy sauce to make cauliflower fried rice!

Cauliflower Rice

1 ingredient · 10 minutes · 4 servings



Directions

1. Add cauliflower florets to the food processor. Process until the cauliflower has a rice-like consistency. (You may need to do this in batches depending on the size of your food processor.)
2. Serve it raw or cooked. For cooked cauliflower rice, add to a large frying pan over medium-high heat and sauté for about 3 to 5 minutes, or until warmed through. Serve immediately.

Notes

Leftovers

Refrigerate in an airtight container up to 4 days, or freeze either raw or cooked.

No Food Processor

Use a box grater or pulse in a blender, occasionally scraping down the sides.

Serving Size

One serving is equal to approximately one cup of cauliflower rice.

Save Time

Many grocery stores carry pre-riced cauliflower in the bag. Look for it in the fresh, pre-sliced vegetable section or frozen vegetable section.

Ingredients

1 head Cauliflower (chopped into small pieces)