

Cauliflower Fried Rice

Serves 6



Ingredients:

- 3 teaspoons canola oil, divided
- 4 large eggs, lightly beaten
- 2 Tablespoons less-sodium soy sauce
- 2 teaspoons sesame oil
- ¼ cup thinly sliced scallions
- Pinch red pepper flakes
- 1 head cauliflower
- 3 cloves garlic, minced
- 2-inch piece fresh ginger, peeled and grated
- 2 medium carrots, diced small
- 2 stalks celery, diced small
- 1 red bell pepper, seeds removed and diced small
- 1 small head broccoli, cut into small florets
- 2 cups green beans, ends snipped and cut into ½ inch pieces
- 1 cup frozen peas, thawed

Instructions:

1. Heat a wok or large skillet over medium high heat. Add 1 teaspoon of canola oil.
2. Add the eggs and quickly scramble. Transfer the eggs to a bowl and set aside.
3. Combine soy sauce, sesame oil, red pepper flakes and scallions in a medium bowl and set aside.
4. Remove the cauliflower leaves and stems and cut the cauliflower into large chunks. Working in batches, grate the cauliflower using the large side of the grater until coarse in texture, like rice. Using the same wok or skillet, heat the remaining 2 teaspoons of the canola oil to medium heat. Add the garlic and ginger and cook, stirring constantly, about 1 minute.
5. Add the carrots, celery, bell pepper, broccoli, green beans, and grated cauliflower. Stir fry until the vegetables are tender, about 5 minutes.
6. Stir the thawed peas and soy sauce mixture into the cauliflower mixture. Cook an additional minute or 2 or until the peas are warmed through.
7. Stir the cooked scrambled eggs back into the mixture. Serve hot and enjoy!

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Nutrition Facts		
Serving Size	1 × 6 Serving	
Amount Per Serving		
Calories	192.2	
	% Daily Value*	
Total Fat	8.3 g	11 %
Saturated Fat	1.8 g	9 %
Trans Fat	0 g	
Cholesterol	124.3 mg	41 %
Sodium	348 mg	15 %
Total Carbohydrate	21.7 g	8 %
Dietary Fiber	7.9 g	28 %
Total Sugars	8.3 g	
Added Sugars	0 g	0 %
Protein	11.8 g	
Vitamin D	0.7 mcg	4 %
Calcium	121.3 mg	9 %
Iron	2.5 mg	14 %
Potassium	935.4 mg	20 %
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>		
<small>Full Info at cronometer.com</small>		<small></></small>