



## Cauliflower Fried Rice

Enjoy this healthier alternative to fried rice.

<u>U.S.</u>		<u>Metric</u>
1 each	Cauliflower, cut into florets	1 each
5 tsp	Low Sodium Soy sauce or Tamari	25 g
1 tsp	Rice wine vinegar	5 mL
2 tsp	Sesame oil	10 mL
1/4 tsp	Red pepper flakes	.6 g
1 tsp	Swerve sugar substitute	6 g
1/4 tsp	Salt	1.5 g
2 1/2 tbsp	Olive oil	38 mL
3 cloves	Garlic clove, minced	9 g
1 tbsp	Ginger, minced	4 g
1 cup	Scallions, thinly sliced	100 g
1 cup	Peas and carrots, frozen	113 g
2 each	Egg, beaten	2 each

### Preparation:

1. Gather all ingredients and equipment.
2. Add cauliflower florets to food processor (about 1/3 at a time). Pulse cauliflower until it has the same texture as rice. Put in bowl and set aside. Repeat until all the cauliflower has been grated.
3. In a small bowl combine soy sauce, rice vinegar, sesame oil, red pepper flakes, Swerve, and salt. Set aside.
4. Heat olive oil in large saute pan over medium heat. Add garlic, ginger and scallions. Cook for 2-3 minutes.
5. Add grated cauliflower and half of the sauce mixture to the pan. Cook for 3 minutes.
6. Add peas and carrots and continue to cook until cauliflower is tender and vegetables are warmed through.
7. Clear a small well in the middle of the pan by pushing the rice towards the edges. The well should be about 2-4 inches in diameter. Add beaten eggs to the well and scramble by stirring gently with a heat resistant spoon or fork until eggs are nearly set.
8. Gently mix eggs into rice and add the remaining sauce. Serve and enjoy!

# Nutrition Facts

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14 Servings

**Serving size** 1/2 cup

**Amount per serving**

**Calories** 60

Calories from Fat 35

**Total Fat** 4 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 2 g

**Cholesterol** 25 mg

**Sodium** 75 mg

**Total Carbohydrate** 5 g

Dietary Fiber 1 g

Total Sugars 1 g

Includes 0 g Added Sugars

**Protein** 2 g

Vitamin D 0 %

Calcium 2 %

Iron 4 %

Potassium 179 mg

Phosphorus 42 mg