



Coconut Cauliflower Rice

U.S.

1 Medium Head	Cauliflower
1 Tbsp	Olive Oil
2 Tbsp	Coconut Milk, lite
1/4 tsp	Kosher Salt

Metric

1 Head
15mL
30mL
.75g

Preparation:

1. Gather all ingredients and equipment.
2. Add cauliflower florets to a food processor and pulse until rice-size pieces.
3. Heat large saute pan over medium-high heat and add the oil. Once hot, add the cauliflower rice and cook until soft, stirring occasionally, about 5-8 minutes. Cover with a lid so the cauliflower steams and becomes more tender.
4. Once soft, add in the coconut milk and salt. Stir to combine.
5. Serve warm and enjoy!

****Nutrition Facts on Reverse**

Nutrition Facts

16 Servings

Serving size **1/4 cup**

Amount per serving

Calories **20**

Total Fat 1 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0.5 g

Cholesterol 0 mg

Sodium 50 mg

Total Carbohydrate 2 g

 Dietary Fiber <1 g

 Total Sugars <1 g

 Includes 0g Added Sugars

Protein <1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 100 mg

Phosphorus 15 mg
