

Recipe of the Month

Cauliflower Fried Rice



This dish is a healthy and convenient take on the classic recipe Fried Rice. Swapping rice for cauliflower is a wonderful way to save calories and increase fiber intake. This dish also incorporates edamame, an easy and healthy plant-based protein. This dish is perfect for a quick go-to dinner for you or your family.

Ingredients:

1 head of cauliflower, washed and cut into florets or 1 bag of riced cauliflower
1 tablespoon olive oil, divided
2 eggs, beaten
1/2 cup edamame, fresh or thawed
2 carrots, peeled and diced
1 onion, diced
1 tablespoon sesame oil
1 tablespoon reduced sodium soy sauce
1/4 cup scallions, diced
1 tablespoon sesame seeds

Directions:

1. Rice the cauliflower by adding florets into a food processor. Pulse about 15-20 times until it has a consistency like rice. Depending on the size of your food processor you may have to pulse the florets in smaller batches. Be sure not to over pulse or else it will turn mushy. Or use ready-made riced cauliflower.
2. In a heated, non-stick skillet add 1 teaspoon olive oil. Once warm, scramble both eggs.
3. Add remaining 2 teaspoons olive oil and then add the riced cauliflower, edamame, carrots and onions. Stir to combine and cook for about 10 minutes.
4. Drizzle sesame oil and soy sauce over rice and stir to combine.
5. Garnish with scallions and sesame seeds.

Nutritional Information Per Serving (Serves 5)

Calories: 148
Total Fat: 9 grams
Saturated Fat: 2 gram
Cholesterol: 74 milligrams
Protein: 7 grams
Total Carbohydrates: 10 grams
Dietary Fiber: 4 grams
Sugars: 4 grams
Sodium: 145 milligrams