

Cauliflower Rice



Servings: 4 (3/4 cup)

TOTAL TIME



DIFFICULTY



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN
& VEGAN

Preparation

1. Remove the cauliflower from the core so you are left with only the florets.
2. Place 1/4 of the cauliflower into a food processor and chop until only small pieces remain. Remove cauliflower from the processor and place into a pan. Repeat this process for the remaining cauliflower.
3. Add 1 tablespoon of olive oil and 2 tablespoons of lemon juice to the cauliflower in the pan. Cook over medium heat for 5 minutes, stirring constantly.
4. Toss with 2 tablespoons of chopped cilantro.

Suggestion: use as a lower calorie alternative to regular rice.

Nutrition Facts Per Serving

Calories	68
Fat	4g
Saturated Fat	1g
Cholesterol	0mg
Carbohydrate	8g
Fiber	3g
Protein	3g

Ingredients

- 1 head of cauliflower
- 1 tablespoon olive oil
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped cilantro (optional)

