

Cauliflower Fried Rice

Common allergens: eggs, soy, sesame, may contain wheat

Serves 4



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small head cauliflower or 3 cups grated or riced cauliflower
- 1 cup frozen mixed vegetables
- 2 large eggs, beaten
- 2 tablespoons low sodium tamari or soy sauce (use GF if necessary)
- Salt to taste
- Sliced green onion and/or sesame seeds for garnish

Directions

1. To “rice” cauliflower, remove the green leaves/stems and wash it. Grate on a box grater, pulse small florets in a food processor, or process florets through the grater attachment in a food processor.
2. Heat oil in a wok or large skillet over medium high heat. Add garlic and cook for 30 seconds, until fragrant. Add cauliflower and mixed vegetables and cook until just tender, stirring occasionally, about 3-5 minutes.
3. Push cauliflower to one side of the pan to create a space and pour in the eggs into the open part of the pan. Stir just the eggs to scramble until fully cooked, then mix into the cauliflower mixture. Gently stir in tamari and salt to taste. Garnish with green onions and sesame seeds and serve warm.

Notes

- You can now find “riced” cauliflower at the grocery store – it will save you time in preparation and clean-up!
- To make it a complete meal, add sautéed tofu, chicken, or shrimp, or leftover baked or rotisserie chicken.
- To make vegan, omit eggs.

Recipe from [Savory Meals and Snacks, Spring 2016](#)