

Tropical Cauliflower Fried Rice

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 fresh pineapple, or 1 cup
- 1 tablespoon canola oil
- 1 red bell pepper, seeded and diced
- 1 medium head cauliflower, grated (about 3-4 cups)
- ½ cup shelled edamame
- 3 green onions, thinly sliced diagonally, divided
- 2 cloves garlic, minced
- 2 tablespoons reduced sodium tamari or soy sauce
- 1-2 teaspoons chili garlic or sriracha sauce (optional)
- 1 teaspoon sesame oil
- ½ cup cashews

Directions

1. If serving in fresh pineapple, halve the pineapple lengthwise, including the leafy top. Use a paring knife to cut around the edges of the fruit, then cut across. Use a large spoon to hollow out the pineapple. Repeat with the other half. Chop the pineapple wedges into bite-sized bits, removing the tough core. Measure out 1 cup and set aside. Save any remaining pineapple for another use.
2. Heat the canola oil over medium high heat in a wok or large skillet. Add pineapple and bell pepper. Cook, stirring occasionally, until pineapple begins to caramelize, about 4-5 minutes.
3. Add edamame, half the green onions, and garlic and stir. Add the cauliflower, stirring gently to fold it in, and cook just 1-2 minutes so that it doesn't get mushy. Gently stir in the tamari, chili garlic or sriracha sauce if using, and sesame oil, and garnish with cashews and remaining green onion.

Note

If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.

You can now find “riced” cauliflower at the grocery store – it will save you time in prep and clean-up!

Recipe from Meals to Boost Energy, Fall 2016