

COOKING FOR WELLNESS

Cauliflower Rice

Serves 4

Ingredients

1 head of cauliflower (rinsed and patted dry)

sea salt and pepper to taste

Instructions

1. Cut the cauliflower into large florets.
2. Rice the cauliflower florets (not the stems) using a food processor with the shredding blade. Likewise, rice the cauliflower with a box grater by hand.
3. Heat a large skillet over medium high heat.
4. Add the riced cauliflower and cook for 5 minutes. Season to taste with salt and pepper



Nutrition Information ~1 cup:

100 calories, 1 g fat, 10 gm carb (4 gm fiber), 1 gm protein
~175 mg sodium



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