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