

Cauliflower Rice – makes five 1 cup servings



Ingredients

- 1 Cauliflower head, chopped into smaller pieces
- 1 tbsp. Olive oil
- Salt and pepper to taste

Directions

1. Wash the cauliflower.
2. Using a food processor (or blender), pulse until cauliflower has reached a rice shape.
 - a. Be careful not to process too much or else it will turn into a mashed potato consistency.
 - b. You may need to do this in a couple separate batches depending on how big your processor is and how much cauliflower you have.
3. Heat oil in pan on medium then add the cauliflower rice and your seasonings to taste.
4. Cook for 3-5 min.
5. Substitute this for rice in your favourite rice dishes!
6. You can also use cauliflower rice in a salad. Just skip steps 3 & 4 and add the riced cauliflower right into your salad bowl with your favourite salad ingredients.
7. Enjoy 😊