

Cauliflower rice

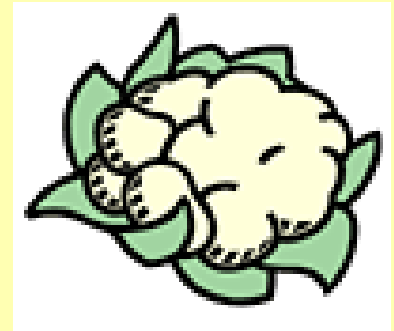
A low carbohydrate alternative to traditional rice made solely from cauliflower, spices, and herbs. Author: nutritionstripped.com

Recipe type: side, entree

Serves: 4-6

Ingredients

- 1 head organic cauliflower, chopped
- 1 tablespoon oil
- 1/3 cup sweet onion, diced
- 1 teaspoon black pepper
- Additional seasonings as desired (ex. seasoning mixes)



Instructions

1. Add chopped cauliflower into a food processor and pulse into tiny, fine cauliflower pieces. This should look like "rice".
2. In a sauté pan, coat with 1 Tbs. oil and lightly cook the cauliflower with onion for about 5-7 minutes until softened to your desired texture (about 5-7 minutes).
3. Stir in remaining ingredients while in the pan.

Store in refrigerator in an airtight container. Enjoy!

Variations on Cauliflower Rice

1. Spanish Cauliflower Rice // add 1 Tbs. red pepper flakes + 1/4 cup your favorite salsa + diced tomatoes + jalapenos + fresh cilantro
2. Curry Cauliflower Rice // add 1 Tbs. curry powder seasoning + fresh grated ginger + red chilies + fresh lime juice
3. Fried Cauliflower Rice // add scrambled egg + 1 Tbs. sesame seeds + fresh grated ginger + 1 Tbs. low sodium soy sauce
4. Italian Cauliflower Rice // add 1 Tbs. dried oregano + fresh basil + diced sundried tomatoes + diced red onion
5. Greek Cauliflower Rice // add 1 Tbs. oregano + 1 Tbs. capers + 1/4 cup diced kalamata olives + 1 Tbs. Dijon mustard + 1 Tbs. apple cider vinegar
6. Sweet Cauliflower Rice // a dash of cinnamon + dash of honey + vanilla extract/powder (leave out onions in cooking process)
7. Lemon Cauliflower Rice // juice of 1 lemon + dash of sea salt
8. Sushi Cauliflower Rice // 1 Tbs. rice vinegar + 1 tsp. honey or sugar + nori/kelp flakes
9. Herbed Cauliflower Rice // a mix of fresh herbs diced finely such as dill, chives, or basil, oregano, rosemary, etc.