

# Can't Believe it's Cauliflower not Fried Rice

Low Calorie and low  
Carbohydrate recipes

*by Hermine*

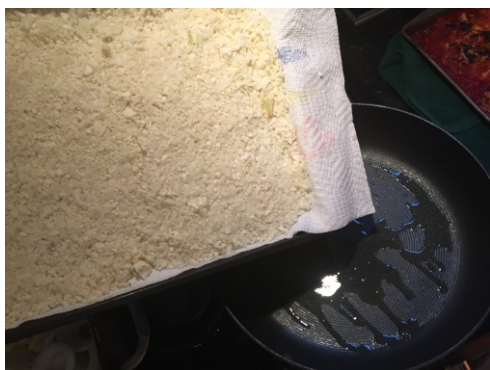


1. Shred one large Cauliflower using the largest side of the grater or by pulsing rough cut Cauliflower pieces in a food processor; the end product should resemble rice size grains.



2. Line an oblong baking dish with paper toweling. Pour in Cauliflower-rice, cover with paper towel and press water out. Repeat with fresh paper toweling and continue to press until all water is removed





3. Heat 2 tbs. olive oil in a large skillet over medium heat; add the well dried Cauliflower-rice cook until "rice" starts to brown... stir frequently

4. Stir in ½ cup Teriyaki sauce (or any other sauce flavor of your choice) and season. with Mrs. Dash® Original Blend .Cook Cauliflower-rice stirring frequently until soft (3-5 minutes on medium heat). Remove browned cauliflower-rice from skillet and put aside in bowl.



5. To skillet heat 2 Tbs. oil. Add 1 head finely diced garlic and 1 large sliced onion, cover and cook until caramelized

6. Chop 1 green and 1 red pepper and add to garlic/onion mixture, cover and cook until peppers are soft



7. Add 2 cans (8oz) *drained* water chestnuts to skillet and cook for about 3 minutes.





8. Pour browned Cauliflower-rice into skillet,



9. Clean and dice 6 stalks of celery and 1 head of chopped broccoli; add to skillet mixture.



10. Cover and steam cook until broccoli is softened (approximately 10 mins.)



11. Place cooked Cauliflower Fried-rice into serving dish...Enjoy! Makes 8 servings