



Broccoli Fried Rice

INGREDIENTS

2 large crowns of broccoli, broken into florets OR 2 bags of frozen riced broccoli
½ onion, chopped
5 mushrooms, sliced thinly
1 TBS extra virgin olive oil
1 TBS reduced sodium soy sauce
2 small carrots, chopped
1 egg
pinch of red pepper flakes
juice of half a lime

DIRECTIONS

Fresh Broccoli: In a food processor, add broccoli florets in 3-4 batches and process until “rice” forms. The key to proper coarse rice texture is not to overcrowd the bowl of food processor. Transfer to a medium bowl and set aside.

Frozen Riced Broccoli: Do not thaw. Heat oven to 300 degrees. Line a baking sheet with parchment paper. Spread the two bags of frozen riced broccoli evenly on the baking sheet so there are no lumps or bumps. Bake for 30 minutes to dry out the broccoli.

Heat a large skillet to medium-high. Add olive oil, onions and carrots and saute for about 5 minutes until softened. Add red pepper flakes. Crack egg into skillet and toss around with a spatula to break apart. Finally, add broccoli and soy sauce and toss to coat and heat through, 1-2 minutes. Serve with a generous squeeze of lime juice.