



Cauliflower Rice Paella

INGREDIENTS

1 large head of fresh cauliflower **OR** 2 bags of frozen riced cauliflower
2 TBS olive oil
1 large orange pepper: medium diced
1 medium yellow onion: medium diced
2 TBS fresh garlic, minced
½ cup tomatoes, diced
1 TBS smoked paprika
1 tsp each of coriander, cumin and turmeric
1 TBS saffron threads – 1 pinch
½ cup peas
1 lb large shrimp, peeled & deveined
½ lb mussels
½ cup Cilantro, chopped
1 bunch green onions, white and green; chopped
2 lemons AND 2 limes cut into quarters

DIRECTIONS

Fresh Cauliflower: In a food processor, add cauliflower 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 Cauliflower: Do not thaw. Heat oven to 300 degrees. Line a baking sheet with parchment paper. Spread the two bags of frozen riced cauliflower evenly on the baking sheet so there are no lumps or bumps. Bake for 30 minutes to dry out the cauliflower.

COOKING: Heat a large sauté pan or paella pan on high heat. Add the oil, yellow bell pepper, and yellow onion and allow to cook until golden and tender. Add garlic to the pan, stir, and cook 2-3 minutes. Add diced tomatoes and cook another 2-3 minutes. While this is cooking, add in smoked paprika, coriander, cumin, turmeric, and saffron. Stir and allow spices to toast briefly for 2 minutes. Quickly stir in ¼ cup water. Add baked cauliflower to the pan and stir. Allow to cook about 3 minutes. Add in peas and stir. Turn the heat down to medium. Evenly spread the shrimp and mussels on top of the mixture. Cover with a lid and allow to cook about 5 minutes. Be sure shrimp is cooked through and is pink. Garnish the top with chopped cilantro and green onions. Serve with lemon and lime wedges on the side. Serves approximately 6; 200 calories per serving.