



## Spanish Cauliflower Fried Rice

### INGREDIENTS

1 head of cauliflower, cut into large florets **OR** 2 bags of store bought frozen riced cauliflower  
½ tsp salt  
1 TBS olive oil  
1 small onion; chopped  
1 garlic clove; minced  
¼ tsp ground cumin  
1 TBS lime juice  
½ tsp black pepper  
1 medium green pepper; chopped  
5 large mushrooms; chopped  
½ cup marinara sauce  
½ cup fresh cilantro; chopped

### 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:** In a large skillet, heat oil over medium-high heat; sauté green pepper, onion, garlic, salt and pepper; cook and stir 3 minutes. Stir in marinara and cumin; bring to a boil. Add cauliflower; cook, covered, over medium heat until cauliflower is tender, 7-10 minutes, stirring occasionally. Stir in cilantro and lime juice. Makes 4 servings; 100 calories each