

Cauliflower Rice 3 Ways



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Recipe by: Laura Vitale

Each serves 4

Prep Time: 20 minutes
Cook Time: 10 minutes

Ingredients

Butter, Garlic and Parm:

- 4 cups of Riced Cauliflower
- 2 Tbsp of Unsalted Butter
- 2 Cloves of Garlic, minced
- 1/4 cup of Freshly Grated Parm
- 1 tsp of Italian Seasoning
- Salt and Pepper to taste
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Mexican Style:

- 4 Cups of Riced Cauliflower
- 1 Tbsp of Olive Oil
- 1/2 Yellow Onion, diced
- 1/2 Bell Pepper, diced
- 2 Cloves of Garlic, minced
- 1/2 tsp of Chili Powder
- 1/2 tsp of Ground Cumin
- 1/2 tsp of Ground Oregano
- 2 Tbsp of Tomato Paste diluted with about 1
tbsp of water
- Salt, to taste
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Asian Fried Rice:

- 4 cups of Cauliflower Rice
- 1 Tbsp of Vegetable Oil
- 1/2 Yellow Onion, minced
- 1 Tbsp of Chopped Ginger
- 2/3 cup of Frozen Peas and Carrots
- 2 Eggs
- 2 Tbsp of Soy Sauce
- 1 Tbsp of Teriyaki or Oyster Sauce
- 1/4 tsp of Sesame Oil
- Chopped Scallions

For the butter and garlic version:

1) In a large skillet over medium high heat, add the butter and garlic and cook just until the garlic starts to sizzle, stir in the Italian seasoning.

2) Add the cauliflower rice, season with some salt and pepper to taste and cook for about 3 minutes. Stir in the parm and remove from the heat.



For the Mexican rice version:

1) In a large skillet over medium high heat, saute the onion, pepper and garlic until softened, add the tomato paste along with the spices, cook for about a minute.

2) Add the cauliflower rice along with some salt, cook stirring constantly for about 3 to 4 minutes, stir in some chopped scallions and cilantro and serve.

For the Asian fried rice:

1) In a large skillet, add the oil allow it to preheat then add in the onion and ginger, cook for about a minute, add the peas and carrots, cook for about 2 minutes then remove from the pan with a slotted spoon and set aside.

2) In the same skillet (add a bit more oil if necessary) add the eggs and cook them while scrambling with a wooden spoon, remove to a plate and set aside.

3) Add the cauliflower rice to the skillet, cook for 2 minutes then add all of the remaining ingredients (except for the scallions) cook for an additional minute, remove from the pan and sprinkle some chopped scallions on top.