

Wait until you try this amazing cauliflower rice recipe! It is surprisingly delicious, very easy-to-make, low calorie, gluten free, and diabetic friendly. It is a great rice substitution. It can be eaten as a side alone or as a base for dishes like stir-fries or curries. My husband was actually pleasantly surprised how delicious it is.



Basic Cauliflower Rice Recipe:

Yields: 4 servings

Prep time: 10 min

Cook time: 6 min

Ingredients:

1 head cauliflower

1 tablespoon extra-virgin olive oil or coconut oil

1 medium onion, diced

Coarse salt and coarsely-ground black pepper to taste

Spices, herbs, and/or vegetables of your choice (see variation ideas below)*

- **Curried Cauliflower Rice:** Add 1 tablespoon turmeric or curry powder.
- **Herbed Rice:** Add 1/4 cup of fresh basil, parsley, cilantro, green onion, and/or other herbs of your choice.
- **Chinese Fried Rice:** After frying the cauliflower rice, push the cauliflower to one side of the pan. Pour in one (1) beaten egg into the empty part of the pan and lightly scramble the egg. Then mix the scrambled egg and cauliflower "rice" together. If desired, add a little soy sauce to the mixture.
- **Rice Salad:** After frying and cooling, mix in some chopped cucumbers and tomatoes. Season lightly with some oil and vinegar.
- **Spanish Rice:** After cooking the cauliflower, add an 8-ounce can of chopped tomatoes and a little hot sauce (to taste). Can also add some sautéed diced green pepper and garlic.
- **Vegetable Rice:** Add your favorite diced vegetable; sauté with the onions.
- **Lemon Rice:** Add some lemon zest and lemon juice.

Preparation:

Wash, remove core and leaves, trim, and coarsely chop the cauliflower. Also make sure there are no brown or black spots on it. If so, remove with a paring knife. Chop the fresh cauliflower into small florets or pieces small enough to fit into the food processor. Make sure that the cauliflower pieces are completely dried before using.

In a large frying pan over medium heat, heat olive oil. Add onion and sauté approximately 10 minutes or until soft. If adding other diced vegetables, add with the onions.

You can use a cheese shredder to shred the cauliflower into rice sized bits, use a larger shredder size. The small size will make the cauliflower mushy.

Raise the heat to medium-high. Add the prepared cauliflower to the cooked onions in the frying pan.

Cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside (similar to "al dente" pasta). Season with salt and pepper to taste.

Remove from heat and serve.

Makes 4 servings.