

taste=

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OF THE SEASON

# CAULIFLOWER FRIED RICE

Our next Taste of the Season treat will be cauliflower fried rice! Cauliflower rice not only tastes similar to white rice but also gives an indistinguishable visual appearance. This cauliflower fried rice recipe is a healthy, low carb, and low calorie dish that tastes just as delicious as the original. By replacing the rice with cauliflower, we will also increase our daily vegetable intake totals! Let us know what you think of today's new recipe.

## INGREDIENTS:

serving size 8

- Vegetable oil as needed
- 2 large eggs, beaten
- 1 cup chopped scallions, light & green separated
- 3 garlic cloves, minced
- 1 T finely chopped fresh ginger
- 2 LB head cauliflower (or 2 LB ready to cook cauliflower rice)
- 3-4 T soy sauce (use gluten-free if needed)
- 1 teaspoon sugar
- 1 cup frozen peas and carrots
- 1 teaspoon rice vinegar
- 1 teaspoon sesame oil

## INSTRUCTIONS:

1. Grate cauliflower in a food processor with grating disc. Alternatively, grate on the large holes of a box or hand-held grater. Set aside. (Skip this step if using 'ready to cook' cauliflower rice.)
2. Heat 2 tsp of vegetable oil in a large skillet over medium heat. Add the eggs and scramble until the eggs are cooked. Transfer to a small plate and set aside.
3. Add 3 T of vegetable oil over medium heat. Add the light scallions, garlic, and ginger and cook, stirring often, until softened but not browned, 3 to 4 minutes. Add the grated cauliflower, 3 tablespoons of the soy sauce and sugar. Cook for about 3 minutes then add peas and carrots and continue cooking until the cauliflower "rice" is tender-crisp and the vegetables are warmed through. Stir in the rice vinegar, sesame oil, dark green scallions, and eggs. Serve hot.



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ASSISTED LIVING

### Nutrition Facts

Servings: 8

Amount per serving

**Calories** **106**

% Daily Value\*

Total Fat 5.5g 7%

Saturated Fat 1.2g 6%

Cholesterol 47mg 16%

Sodium 518mg 23%

Total Carbohydrate 11g 4%

Dietary Fiber 4g 14%

Total Sugars 4.7g

Protein 5.3g

Vitamin D 4mcg 22%

Calcium 50mg 4%

Iron 1mg 8%

Potassium 457mg 10%