

# Cauliflower Fried Rice

Prep	Cook	Total
10 min	15 min	25 min

**Serving:** 8

Can substitute low sodium soy sauce or Bragg's amino acids to reduce sodium content.

## Ingredients

1 tablespoon **minced garlic**

1 **onion** *diced*

1 cup **frozen peas**

1 cup **carrots** *diced*

6 cup **raw grated cauliflower**

2 cup **shelled edamame**

$\frac{1}{4}$  cup **soy sauce**

## Directions

In a large pan, saute garlic and onions in water on a medium/high heat, until onions become soft and transparent. (about 2-3 minutes)

Next add in peas, and carrots and cook until carrots begin to soften and peas are heated through, about 3-4 minutes

Next stir in edamame , cauliflower and soy sauce. Cook stirring frequently for about 5-7 more minutes.

Enjoy adding in any other favorite veggies. Possible add-ins: baby corn, broccoli, cabbage, bok choy, water chestnuts, tofu, etc!