the center
For Naturopathic Medicine & Functional Nutrition

Cauliflower Fried Rice



Prep Time	5 mins
Total Time	25 mins
Meal Type	Lunch,Dinner
Servings	4

Ingredients

lb,c | g,ml

- 1 head cauliflower
- 1 Tbs olive oil
- 1 tsp sesame oil
- 1/4 cup onion, *chopped*
- 1 red bell pepper, *chopped*
- 2 cloves garlic, *minced*
- 1/3 cup vegetable broth, low sodium
- 1 tsp ginger, *minced*
- 4 Tbs soy sauce
- 1 1/2 cup edamame, shelled, *defrosted*
- 2 scallions, *chopped*

Directions

Prep

1. Cut floret pieces from the cauliflower stems and rinse well. Place in a food processor and pulse 3-5 times until cauliflower is chopped into rice sized pieces.
2. Chop onion/pepper/garlic/scallions.
3. Grate ginger.

Make

1. In a large skillet heat the olive and sesame oils. Add the onion and red pepper and sauté ~3 minutes until onion is tender and translucent.
2. Stir in the garlic, broth, ginger, and soy sauce. Transfer the cauliflower to the pan and stir. Cover with lid and cook over medium-high heat for 3-4 minutes.
3. Remove the lid and stir in the edamame. Sauté for 3-5 minutes or until liquid has cooked off, and cauliflower is tender.
4. To serve, top with sliced green onion and additional soy sauce (if desired).

Notes

You can use frozen cauliflower rice that has been defrosted and drained.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **200**

Amount/serving	% Daily Value*
Total Fat 8.4g	12%
Saturated Fat 1.3g	6%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 1155mg	50%

Amount/serving	% Daily Value*
Total Carbohydrates 22g	7%
Dietary Fiber 9g	34%
Total Sugars 8g	
Protein 14g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% · Calcium 96mg 9% · Iron 3mg 16% · Potassium 1093mg 23%

Source: Living Plate

- Show all nutrients -