

# sautéed cauliflower rice with spinach

**SERVES 2-4**

**COOK TIME:** 10 minutes

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- 2 Tbsp extra virgin olive oil
  - 3-3 ½ cups cauliflower rice, fresh or frozen (12 oz. bag)
  - ½ medium sweet yellow onion , chopped
  - 1 clove garlic, minced
  - ½ teaspoon [homemade seasoned salt](#) or sea salt
  - 2 packed cups raw baby spinach
  - ½ tsp black pepper
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HEAT oil in skillet on medium-high heat until it shimmers.

ADD garlic and sauté for 30 seconds.

ADD onion and sauté for 3 minutes.

ADD cauliflower rice and seasoned salt.

SAUTE about 5 minutes, or until desired consistency, stirring frequently until moisture is gone.

ADD spinach in the last minute of cooking and toss until wilted.

SEASON with pepper and serve.

**MAKE IT A MEAL:** Serve with protein and nutrient dense carbohydrate of choice.

