

sautéed cauliflower rice with spinach

SERVES 2-4

COOK TIME: 10 minutes

2 Tbsp extra virgin olive oil

3-3½ cups (or a 12 oz bag) cauliflower rice,
fresh or frozen

½ medium sweet yellow onion, chopped

1 clove garlic, minced

½ tsp [homemade seasoned salt](#) or sea salt

2 packed cups raw baby spinach

½ tsp black pepper

HEAT olive 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 for about 5 minutes or until desired consistency, stirring frequently until moisture is gone.

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

SEASON with pepper and serve.

MAKE IT MEAL: Serve with protein of choice and roasted butternut squash and fresh berries.

