

cauliflower fried rice

SERVES 2-4

RECIPE ADAPTED FROM: [Skinnytaste](#)

COOK TIME: 10 minutes

2 eggs

Salt and pepper, to taste

1 Tbsp sesame oil

1 small onion, finely diced

½ cup frozen peas and carrots

2 garlic cloves, minced

5 scallions, diced, whites and greens separated

1 head of fresh cauliflower, riced OR a 12 oz bag of pre-riced cauliflower

3 Tbsp soy sauce or tamari, or more to taste

BEAT eggs in a small bowl with a fork. Season with salt and pepper.

HEAT a large skillet or wok over medium heat.

ADD sesame oil.

ADD onion, peas, carrots, garlic and scallion whites.

SAUTE about 3-4 minutes or until soft.

ADD cauliflower rice and soy sauce.

MIX and cook approximately 5-6 minutes, stirring frequently until cauliflower is slightly crisp on the outside but tender on the inside.

CREATE a well in the middle of the pan.

ADD eggs and a small amount of additional oil, if needed.

COOK, turning a few times, until eggs are set.

COMBINE with cauliflower mixture.

REMOVE from heat and mix in scallion greens.

MAKE IT A MEAL: Serve stir-fry vegetables and chicken, pork, beef, shrimp or tofu.