

Cauliflower Fried Rice

Prep: 20 minutes

Cook: 15 minutes

Ingredients

5 cups roughly chopped cauliflower
(about 1 medium head)
3/4 cup egg whites
3 cups frozen stir-fry vegetables
1 cup frozen peas
1 cup chopped onion
1 tsp. chopped garlic
1 tbsp. sesame oil
1/4 cup thick teriyaki marinade or
sauce



Directions

Working in batches, pulse cauliflower in a blender until reduced to small rice-like pieces.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites until fully cooked, 3 - 4 minutes, using a spatula to break it up into bite-sized pieces. Transfer to a large bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add frozen stir-fry veggies, peas, and 1/4 cup water. Cover and cook for 3 minutes, or until thawed. Add cauliflower, onion, garlic, and sesame oil. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

Add scrambled egg whites and teriyaki sauce. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 5 SERVINGS

Nutrition Information (Per Serving):

1/5th of recipe (about 1 1/4 cups):
165 Calories
4g Fat
26g Carbs
8g Protein

(Comparison)

1 1/4 Cup Vegetable Fried Rice
320 Calories
14 g Fat
42 g Carbohydrate
7 g Protein

Recipe From:

<http://www.hungry-girl.com/recipes/cauliflower-fried-rice>

Why Use Cauliflower?

Cauliflower is a wonderful non-starchy vegetable. It is very versatile in the ways it can be used to provide more vegetables and volume to meals. Since Cauliflower is non-starchy, it does not contain as many grams of carbohydrate that rice and other grains contain.

For people who have to consider carbohydrates at meal time and/or those wanting to eat more vegetables without having to think about it, cauliflower is a great substitute!



1 Cup Cooked Brown Rice

215 Calories
2 g Fat
45 g Carbohydrate
5 g Protein

1 Cup Cooked White Rice

240 Calories
0 g Fat
53 g Carbohydrate
4 g Protein

1 Cup Cooked Cauliflower

30 Calories
1 g Fat
5 g Carbohydrate
2 g Protein