

Riced Cauliflower

PREP TIME: 10 MIN | COOK TIME: 30 MIN | SERVINGS: 4

INGREDIENTS:

- 1 head cauliflower, finely chopped or grated (about 4 cups)
- 1.5 cups onion, finely chopped
- 1.5 cups celery, finely chopped
- 2 garlic cloves, minced (or sub 1/2 tsp garlic powder)
- 3 Tbsp oil

RECIPE NOTES:

- To prep cauliflower, remove leaves at the base and trim the stem. Be sure to rinse any dirt off before using
- For a filling meal, serve this with your favorite protein source and a starch/carb.

DIRECTIONS:

- Cut cauliflower into smaller florets (trees), and then finely chop the florets until they resemble the texture of rice. Alternatively, you can grate the cauliflower.
- Heat oil in skillet over medium-high heat. Add onion and celery and saute for about 8-10 minutes, or until soft.
- Add minced garlic and saute for another 1-2 minutes.
- Stir in cauliflower, then cover with lid and turn heat to low. Cook for 15-20 minutes or until cauliflower is tender.
- Serve and enjoy! Refrigerate any leftovers and enjoy within 4 days.

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