



# CAULIFLOWER FRIED RICE

## ingredients:

- |  |                                 |
|--|---------------------------------|
| 1 1/2 Tablespoons canola or peanut oil     | 1 Tablespoon water              |
| 4 cups cauliflower rice                    | 1 Tablespoon brown sugar        |
| 1 1/4 cups sliced green onion, divided     | 1/2 Tablespoon hoisin sauce     |
| 1 cup shredded carrots                     | 1 teaspoon toasted sesame oil   |
| 1/2 cup frozen peas                        | 2 cloves garlic, peeled, minced |
| 2 1/2 Tablespoons reduced-sodium soy sauce | 1 teaspoon minced ginger root   |
|  | 1/8 teaspoon black pepper       |

## directions:

1. In a large skillet, heat oil over medium-high heat and sauté cauliflower, 1 cup green onion, carrots, and peas until cauliflower is slightly tender, about 3 to 4 minutes.
2. In a small bowl or measuring cup, whisk together soy sauce, water, brown sugar, hoisin sauce, sesame oil, garlic, ginger root, and black pepper.
3. Add sauce to vegetables and continue to sauté until most of the liquid is absorbed, about 4 minutes. Remove from heat, garnish with remaining 1/4 cup green onion and serve.

## Cook's Note:

You can purchase cauliflower rice in a bag or make it yourself. Place cauliflower florets in a food processor and give it about 10 pulses. A box grater works as well. Grate cauliflower on the medium-size holes traditionally used for shredding cheese. With either method you are looking for pieces of cauliflower about the size of rice.

Yield: 6 servings (about 2/3 cup per serving)

## Nutrition Information Per Serving:

- 99 Calories
- 5 grams Fat
- 0 grams Saturated Fat
- 0 mg Cholesterol
- 266 mg Sodium
- 13 grams Carbohydrates
- 3 grams Fiber
- 3 grams Protein

Food exchanges:  
2 vegetable, 1 fat



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