

# CAULIFLOWER FRIED "RICE" FIT



Portion Size: ½ cup

Yield 6 servings

Cauliflower, rough chopped	1 pound
Green Peas, fresh or frozen	½ cup
Carrots , diced	½ cup
Sesame Oil	1 tsp
Canola Oil	1 tbsp
Ginger, minced	1 tbsp
Egg Whites	1 each egg
Soy Sauce	2 tbsp
Scallions, chopped	1 tbsp

1. Place small batch of chopped cauliflower in a food processor, pulse until the size of rice. Continue until all cauliflower is rice-size.
2. Blanch carrots and peas in hot water, then shock in an ice bath.
3. Heat sesame and canola oils in a pan. Add cauliflower rice and ginger. Stir fry until cauliflower is lightly browned.
4. Add carrots and peas to pan. Cook until heated through and tender.
5. Push veggies to the sides, creating a space in the center of the pan.
6. Pour in egg whites. Let them sit to slightly set, then stir until scrambled.
7. Mix eggs into cauliflower and vegetables.
8. Stir in soy sauce and green onion. Cook until soy sauce is absorbed.

Nutrition Info (per serving): Cal: 75,

Total Fat: 5g, Sat Fat: 1g,

Sodium: 210mg, Carbs: 5g, Protein: 3g,

Sugar: 2g, Fiber: 2g

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