

Mark's Kitchen

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Cauliflower “Rice”

Ready in: 15 minutes

Serves: 2 cups

This recipe is destined to become a family staple. You can adapt it to your taste preferences by changing up the seasonings and offering it with a variety of meals. I love to serve it with a delicious curry.

Ingredients:

- 1 head cauliflower
- 2 tablespoons extra-virgin olive oil or coconut oil
- 1 small yellow onion, finely chopped
- pinch of sea salt
- juice of 1/2 lime (optional)
- pinch of cumin (optional)
- 1 tablespoon chopped fresh cilantro (optional)

Directions:

Step 1: Cut the cauliflower in half. Place a box grater over a large bowl and grate each cauliflower half over the big holes of the grater—hold the cauliflower by its stem as you grate it into “rice.” Alternatively, you can coarsely chop the core and the florets and pulse them together in a food processor until they are reduced to the size of couscous or rice grains— be careful not to over-process.

Step 2: Heat the olive oil in a medium nonstick pan over medium-high heat until shimmering. Add the onion and cook until softened, 2 to 3 minutes.

Step 3: Add the cauliflower “rice” and salt to the pan and stir to combine. Cook, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on

the inside, 5 to 8 minutes. To enhance the flavor, add the lime juice, cumin, and/or cilantro and serve.

Nutritional analysis per serving (1/2 cup): Calories: 84, Fat: 8 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Fiber: 2 g, Protein: 1 g, Carbohydrates: 5 g, Sodium: 79 mg