

# Cauliflower Fried Rice

## Ingredients:

- 1 medium head, about 24 oz cauliflower, rinsed
- 1 tbsp sesame oil
- 2 egg whites
- 1 large egg
- cooking spray
- 1/2 small onion, diced fine
- 1/2 cup frozen peas and carrots
- 2 garlic cloves, minced
- 5 scallions, diced, whites and greens separated
- 3 tbsp soy sauce, or more to taste



## Directions:

1. Remove the core and let the cauliflower dry completely.
2. Coarsely chop into florets, then place half of the cauliflower in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.
3. Combine egg and egg whites in a small bowl and beat with a fork.
4. Heat a large sauté pan or wok over medium heat and spray with oil.
5. Add the eggs and cook, turning a few times until set; set aside.
6. Add the sesame oil and sauté onions, scallion whites, peas and carrots and garlic about 3 to 4 minutes, or until soft.
7. Raise the heat to medium-high.
8. Add the cauliflower "rice" to the sauté pan along with soy sauce. Mix, cover and cook approximately 5 to 6 minutes, stirring frequently, until the cauliflower is slightly crispy on the outside but tender on the inside.
9. Add the egg then remove from heat and mix in scallion greens

