

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 www.bmc.org



Cauliflower Fried “Rice”

Makes 4 servings

This version of the Chinese classic side dish has half the carbs – and tastes surprisingly like its name sake.

Ingredients:

3 cups cauliflower, finely chopped or grated
2 tablespoons canola oil, divided
½ cup onions, diced small
1 stalk celery, diced small
1 tablespoon garlic, minced
1 tablespoon ginger, minced
2 green onions, sliced
1 cup frozen peas and carrots, thawed
1-2 tablespoon low-sodium soy sauce
1 teaspoon sesame oil

Directions:

1. Chop cauliflower using food processor or chop with a knife.
2. Heat 1 tablespoon oil in a large saute pan or wok on medium-high heat. Add cauliflower and saute until tender and golden brown, stirring occasionally, about 5 minutes. Remove from pan and set aside.
3. In the same pan, add remaining 1 tablespoon oil and saute onions, celery, garlic and ginger. Cook for 2 minutes.
4. Return the cooked cauliflower to the pan. Add thawed peas and carrots, green onions, soy sauce, and sesame oil. Stir to combine. Continue cooking until warmed through. Serve.

Nutritional Information per ¾ cup serving:

Calories: 153	Carbohydrates: 12g
Total Fat: 8g	Cholesterol: 0 mg
Saturated Fat: 1g	Dietary Fiber: 4g
Sodium: 187 mg	Protein: 4g