



Cauliflower Fried Rice

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: ~1 cup

Ingredients

Nonstick cooking spray
2 eggs, lightly beaten
1 tablespoon olive oil
1 (12-ounce) bag frozen riced cauliflower (or about 3 cups fresh riced cauliflower)
1 cup fresh or frozen vegetables, trimmed and chopped as needed (one type or a combination; e.g. carrots, onions, green beans, peas, broccoli)
2 scallions (green onions), sliced (about ¼ cup)
2 garlic cloves, minced (about 1 teaspoon)
2 tablespoons lite (reduced-sodium) soy sauce
2 tablespoons toasted sesame seeds

Directions

1. Spray a large skillet or sauté pan with cooking spray and place over medium heat.
2. Add the eggs and cook to scrambled, stirring often. Transfer the scrambled eggs to a small bowl and set aside.
3. Increase the heat to medium-high and add the oil. Heat until shimmering.
4. Add the riced cauliflower and cook until most of the liquid from the cauliflower is evaporated, about 4-6 minutes.
5. Add the selected vegetables, scallions, and garlic.
6. Cook, stirring often, until the liquid is evaporated and the vegetables are not releasing liquid, about 7-10 minutes.
7. Add the soy sauce, sesame seeds, and scrambled eggs.
8. Cook, stirring constantly, until the soy sauce is absorbed, about 1-2 minutes.
9. Serve warm.

Recipe Notes

- A partial package of frozen mixed vegetables works well for this recipe, but its also a great way to use up any leftover vegetables in your refrigerator.
- You can also use a mixture of cooked rice and riced cauliflower.

**Nutrition Facts Per Serving: Calories: 115 | Total Fat: 7 g | Saturated Fat: 1.5 g
Sodium: 520 mg | Total Carbohydrate: 7 g | Dietary Fiber: 2 g | Protein: 6 g**

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