

Cauliflower Fried Rice

Heart-Healthy | Diabetes-Approved | Gluten-Free

Ingredients

- 3 cups raw cauliflower, grated
- ½ cup frozen peas
- ½ cup carrots, thinly sliced
- 3-4 garlic cloves, minced
- ½ cup onion, diced
- ½ tbsp olive oil
- 2 eggs (or 4 egg whites) scrambled
- 3 tbsp low-sodium soy sauce

Preparation

1. In a large sauce pan, sauté garlic and onion in olive oil on medium-high heat until onion becomes soft and transparent.
2. Add peas and carrots and cook until carrots begin to soften and peas are heated through, about 3-4 minutes.
3. Stir in scrambled eggs, cauliflower and soy sauce. Cook, stirring frequently for about 5-7 more minutes. Feel free to add your favorite protein and veggies.