



Cauliflower Fried Rice



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1/5th of recipe (about 1 1/4 cups): 145 calories, 3g total fat (0.5g sat. fat), 455mg sodium, 21g carbs, 5.5g fiber, 10g sugars, 8.5g protein

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Prep: 15 minutes **Cook:** 20 minutes



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Ingredients

5 cups roughly chopped cauliflower (about 1 medium head)
3/4 cup egg whites
3 cups frozen stir-fry vegetables
1 cup frozen peas
1 cup chopped onion
1 tsp. chopped garlic
1 tbsp. sesame oil
1/4 cup thick teriyaki marinade or sauce

Directions

Working in batches, pulse cauliflower in a blender until reduced to small rice-like pieces.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites until fully cooked, 3 - 4 minutes, using a spatula to break it up into bite-sized pieces. Transfer to a large bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add frozen stir-fry veggies, peas, and 1/4 cup water. Cover and cook for 3 minutes, or until thawed. Add cauliflower, onion, garlic, and sesame oil. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

Add scrambled egg whites and teriyaki sauce. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 5 SERVINGS

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