

Cauliflower “Rice”

Yield: 4 servings

Serving size: 1 ½ cups

Prep Time: 15 minutes



Ingredients

- ✓ 2 medium heads of cauliflower
- ✓ ¼ cup fresh lime juice
- ✓ Zest of one lime
- ✓ ¼ cup cilantro, finely chopped

Directions:

1. Grate cauliflower florets or pulse in a food processor until it resembles rice.
2. Place grated cauliflower in a microwave -safe dish covered dish.
3. Cook cauliflower in microwave on high until tender, about 7 minutes.
4. Stir in lime juice, lime zest and cilantro until well blended and enjoy!

Nutrition Facts:

Nutrition Facts	
Serving Size (160g)	
Servings Per Container	
Amount Per Serving	
Calories 40	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 3g	
Vitamin A 0%	• Vitamin C 120%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Lifestyle Tips:

Love rice, but hate the carbs? This low carbohydrate version of rice is tasty and easy to prepare. Using a food processor makes it a breeze, but you can also use a standard grater to make your cauliflower into grains of “rice.”

So how does 1 ½ cups of rice compare to our cauliflower rice?

- ✓ Traditional rice
 - 363 calories & 80 grams carb
- ✓ Cauliflower “rice”
 - 40 calories & 8 grams of carb

A fraction of the calories with more than double the fiber! What a great way to incorporate more veggies into your diet. You can see why this recipe is a winner!