



# CAULIFLOWER FRIED RICE

Yield: 4 Servings

## Ingredients

- 5 oz. Cauliflower Rice, frozen
- 2  $\frac{2}{3}$  tablespoons Carrots, diced
- 2  $\frac{2}{3}$  tablespoons Celery, diced
- 3  $\frac{1}{4}$  tablespoons Green Peas
- $\frac{5}{8}$  teaspoon Garlic Cloves, minced
- $\frac{3}{8}$  teaspoon Fresh Ginger, minced
- 1 teaspoon Sesame Oil
- 1  $\frac{2}{3}$  teaspoons Soy Sauce
- $\frac{1}{2}$  teaspoon Black Pepper

## Procedures

1. Heat a large sauté pan on high heat. Add sesame oil.
2. Add carrots and celery, stir-fry for 30 seconds. Add garlic, ginger, and peas. Stir-fry for an additional 10 seconds.
3. Add cauliflower rice and continue to cook until rice is al dente. Finish with black pepper and soy sauce. Enjoy!

## Nutrition Facts

<b>Serving size</b>	<b>2 oz. (57 g)</b>
<b>Amount per serving</b>	<b>30</b>
<b>Calories</b>	
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 46mg	<b>2%</b>
<b>Total Carbohydrate</b> 4g	<b>0%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 14mg	0%
Iron 0mg	0%
Potassium 115mg	2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

