

Cilantro Lime Cauliflower Rice

INGREDIENTS:

- 1 medium head cauliflower, rinsed and cut into florets
- 1 T extra virgin olive oil
- 2 garlic cloves, minced
- 2 scallions, diced
- 1 lime, juice and zest
- ½ cup fresh cilantro, chopped
- Sea salt and pepper to taste

PROCESS:

- Rice the cauliflower by grating it on the larger holes on a grater or in a food processor.
- Heat the oil in a large skillet over medium heat; add the garlic and scallions and sauté about 3 to 4 minutes or until soft.
- Raise the heat to medium-high. Add the cauliflower rice to the pan. Cover and cook about 5 to 6 minutes, stirring frequently until the cauliflower is slightly crispy on the outside but tender on the inside. Season with salt and pepper.
- Mix the lime juice, zest, and cilantro into the cauliflower rice.

ENJOY!