

Cauliflower "Rice" & Veggies

Adapted from: Ilane Maximo

Prep time: 5-10 minutes

Cook time: 0-10 minutes

Total time: 10-20 minutes

Serves: 6



Ingredients

½ bunch of cauliflower, cut into chunks
1 egg, hard-boiled
½ bell pepper, diced
1 tbsp. EVOO
¼ tsp. paprika (optional)

Optional add-ins:

cilantro
green onions
mushrooms
zucchini
carrots

Instructions

1. In a food processor, pulse cauliflower for a few seconds until you obtain a rice-like mixture.
2. If you would like to eat this dish cold, combine cauliflower and other remaining ingredients in a bowl and serve. Season with salt and pepper if desired.
3. If you would like to eat this dish warm, heat in pan over medium heat and add olive oil. Stir fry cauliflower "rice" and after 1-2 minutes, mix in egg, veggies, and paprika. Enjoy!