

Cauliflower “Fried Rice” (PKU-Friendly)

Cauliflower is a great source of vitamins, minerals, and fiber! It's a good of antioxidants, which are beneficial for reducing inflammation and boosting overall health!

YIELD 10 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 25 MIN
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	PHE	Simplified PKU Protein
Serving	71mg	0g
Recipe	710mg	0g

INGREDIENTS

1 medium	Cauliflower, riced using a food processor (25 oz.) *see chef's notes
2 Tbsp	Coconut Aminos
3 stalk	Green Onion, sliced thin
1 Tbsp	Rice Wine Vinegar
2 tsp	Sriracha
¾ tsp	Kosher Salt
1 Tbsp	Sesame Oil
2 medium	Carrot, peeled, small dice (7 oz.)
6 oz.	Green Beans, trimmed, cut in 1" pieces (about 1 cup)
4 cloves	Garlic, minced
¼ tsp	Ginger, minced
2 Tbsp	Cilantro, roughly chopped

CHEF'S NOTES

Serving Size = ½ cup

Cauliflower is a versatile vegetable that can be roasted, riced, mashed, grilled, or even turned into a pizza crust!

To transform the cauliflower into the texture of rice, a food processor or blender is used to break down the florets into tiny pieces. To save time, prepackaged frozen cauliflower rice can also be used in this recipe.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Place the riced cauliflower into a large microwave safe bowl, cover with plate or lid, and microwave for 1-2 minutes to steam. Remove from microwave, fluff gently with a fork, leave uncovered to cool until ready to use.
3. Mix the coconut aminos, scallions, cilantro, rice vinegar, sriracha, and salt in a small bowl to make a sauce. Place to the side for later use.
4. In a large non-stick sauté pan or wok, heat the sesame oil over medium-high heat, add the carrots and green beans. Cook until tender and slightly browned about 6 - 8 minutes.
5. Add the garlic and ginger. Sauté until aromatic, about 1 - 2 minutes. If the pan gets too hot, add a small amount of water to cool down the pan.
6. Add the cooled cauliflower to the pan and toss gently to mix with vegetable mixture. Add sauce into the pan with the vegetables. Cook until all liquid is absorbed, about 2 minutes. Serve warm.

Nutrition Facts

10 servings per container

Serving Size 1/2 cup (100 g)

Amount per serving

Calories 45

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 7g 2%

Dietary Fiber 2g 8%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1.95g 3%

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.53mg 3%

Potassium 300mg 6%

*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.

Recipe adapted from Health meets Food, "Cauliflower Fried Rice" (12/10/18)



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