



The Goldring Center
for Culinary Medicine

TULANE UNIVERSITY

Cauliflower Fried Rice

Enjoy this lightened up version of a takeout favorite which can be modified with different vegetables or added protein like chicken, shrimp or tofu.

YIELD	PREP TIME	TOTAL TIME
5 SERVINGS	10 MIN	30 MIN

INGREDIENTS

- 2 Tbsp Sesame Oil
- 1/2 each Onion, diced
- 1 Tbsp Ginger, ground
- 4 cloves Garlic, finely chopped
- 1 1/2 cup Peas and Carrots, frozen, packaged
- 20 oz Cauliflower Rice, frozen (about 2 bags), defrosted or microwaved according to the package directions
- 4 each Eggs, large, scrambled
- 2 Tbsp Reduced Sodium Soy Sauce
- 1 Tbsp Honey
- 1 Tbsp Sriracha
- 5 each Green Onions, chopped



CHEF'S NOTES

Cauliflower is a great source of vitamin C which is important for boosting your immune system.

The sriracha in this recipe is optional, but adds nice heat to balance the sweetness of the honey.

This recipe uses frozen cauliflower rice, but you can also make your own from fresh cauliflower – simply chop finely until it resembles the size of rice grains.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large nonstick skillet over medium heat and once hot, add the sesame oil then the onion. Sauté until translucent and lightly browned, about 2 - 3 minutes.
3. Add the garlic and ginger and cook until fragrant, about 30 seconds – 1 minute.
4. Add the defrosted/microwaved cauliflower rice and peas & carrots and cook until any moisture has evaporated, about 4 - 5 minutes.
5. Move cauliflower mixture to one side of the pan then add the eggs and scramble for about 2 minutes, until set. Stir to combine with cauliflower mixture.
6. Add the soy sauce, honey, and sriracha and stir to combine evenly.
7. Top with the green onion and enjoy!

Nutrition Facts

5 servings per container

Serving Size 1 cup (253 g)

Amount per serving

Calories 190

% Daily Value *

Total Fat 10g 13%

Saturated Fat 2g 11%

Trans Fat 0g

Cholesterol 150mg 50%

Sodium 460mg 20%

Total Carbohydrate 19g 7%

Dietary Fiber 5g 18%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 10g 21%

Vitamin D 0.82mcg 4%

Calcium 80mg 6%

Iron 3mg 17%

Potassium 500mg 10%

*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.

