

# CAULIFLOWER RICE

This makes a great replacement for rice, quinoa or any other grain, while adding in more cruciferous vegetables into your family's diet. It may seem strange, but definitely give it a go!

## DIRECTIONS

1. Place cauliflower florets in a blender or food processor and pulse on low speed until broken down into rice-size pieces.

*Note: Be sure the cauliflower is dry before blending and don't over blend otherwise it will become mushy.*

2. Heat butter in a skillet over medium heat; add onions and garlic, and sauté until onions are soft and translucent.

3. Add cauliflower 'rice', salt, and pepper. Turn heat to low, cover sauce pot and cook until heated through, 3 to 5 minutes. Remove lid and fluff 'rice' with a fork. Serve warm.

## Equipment:

High speed blender or food processor, sauce pot

## Makes:

4-5 servings

## INGREDIENTS:

- 4 full cups of cauliflower florets
- 2 tsp butter (or coconut oil)
- 2 Tbsp onion, finely chopped
- ½ tsp garlic, crushed
- ¼ - ½ tsp salt, or to taste
- Pepper to taste