

Cauliflower "Fried Rice"

Ingredients:

1 head cauliflower

SAUCE

3 tablespoons tamari sauce (reduced-sodium, or coconut aminos)

1/4 cup water

2 teaspoons sesame oil (optional)

1 tablespoon pure maple syrup (or date paste, link in Chef's Notes)

1 tablespoon sherry vinegar (or red wine vinegar)

1 tablespoon fresh grated ginger

1 tablespoon fresh minced garlic

VEGGIES

1 cup diced onions

2 cups broccoli florets (chopped into 1/2" pieces)

1 cup diced carrots

1/2 cup peas (fresh or frozen)

1/2 cup corn (frozen or fresh)

1/2 cup chopped fresh pineapples

2 green onions (+1 as needed, green and white portions, sliced)

1/4 cup cilantro (+1/4 cups as needed, chopped, optional)

2 tablespoons sesame seeds

crushed red pepper flakes (optional, to taste)



Directions:

1. Prepare your cauliflower rice: Wash and dry cauliflower before removing the greens.

2. Cut the cauliflower florets off of the stem. Then cut the florets into smaller 1–2" pieces.

3. Add 2/3 of the cauliflower florets to a food processor. Using the chopper attachment (the one you probably use most often!), pulse the cauliflower until chopped into rice-length pieces. Transfer the cauliflower to a bowl and repeat with the second and third portions of the cauliflower. Set aside. (See Chef's Notes on using a box grater to make cauliflower rice.)

4. Make the sauce: Combine all ingredients to a medium bowl. Stir well and set aside.

5. Add onions and carrots to a large stovetop pan and cook on medium-high. Cook until the onions become translucent, about 3–4 minutes.

6. Turn down heat to medium and add the broccoli and cauliflower. Stir well. Cook for another 3–4 minutes. Add 1–2 tablespoons of water or vegetable broth as needed to deglaze the pan.

7. Stir in the sauce, peas and corn. Cook for an additional 3–4 minutes until the vegetables are tender.

8. Remove from the heat and stir in the pineapple, green onion, cilantro, if using, sesame seeds, and crushed red pepper, if using.

NOTES

SUBSTITUTIONS: Add other vegetables of choice in place of the vegetables listed, such as red pepper, Brussels sprouts, or leafy greens. Instead of peas, try edamame or chickpeas.

PREPARATION: You can make the cauliflower rice ahead of time and store in the refrigerator for up to 3 days before making this dish. Use a box grater for the cauliflower rice. First, cut the cauliflower into large pieces (instead of 1–2" pieces) and use the medium-sized holes to grate into "rice."

ADDITIONS: Tofu. Stir already cooked tofu into step 5 with the peas and corn. For crispy tofu, drain and press the water out for one hour by wrapping the tofu in paper towels or a cloth towel and setting a heavy object on top (make sure to have a plate underneath the tofu so water doesn't get all over your counter!). Cut into 1" cubes. Toss with ¼ teaspoon of salt (optional) and 1 teaspoon of garlic powder. Spread out evenly on a parchment-lined baking sheet and bake for 40 minutes at 400 degrees F, tossing halfway through.

SUGAR-FREE: Use date paste in place of maple syrup.

STORAGE: Store leftovers in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 30 days.