



LISA CHEPLAK
THE HEALTHY FAMILY

Cauliflower Rice w/Vegetables & Beans

Here is a simple Cauliflower Rice dish which would make a delicious and healthy, low carbohydrate and gluten free meal.

Yield:

Approximately 4, 1 cup servings

Ingredients:

1 head of cauliflower, finely chopped in food processor
2 carrots, diced
1 red bell pepper, diced
1 zucchini, diced
2 ribs celery, thinly sliced
1 tbsp grated fresh ginger
1, 15 oz can kidney beans

Directions:

Cut the head of cauliflower into quarters, then trim out the inner core from each quarter. Break apart the cauliflower into large florets. Add the cauliflower to a food processor. Process in two batches if necessary. Process the cauliflower in pulses until it has completely broken down into rice-sized granules. (You can also purchase the cauliflower already "riced" at Trader Joes!)

Add the carrots, bell pepper, zucchini and celery (and any other favorite veggies) to large pan with 1/2 cup water. Sauté until veggies are soft, about 5-10 minutes. Add in the cauliflower, kidney beans, and ginger and combine well. Cook about 5-10 minutes more. Add 2 tbsp. tamari, or soy sauce, or liquid aminos and mix well. Top with sesame seeds and serve.