

# RECIPE Cauliflower Rice

PREP TIME 5 Min. COOK TIME 5 Min. SERVES 2

## INGREDIENTS

4 c. cauliflower florets

¼ c. olive oil

½ tsp. salt

1 c. chopped herbs

## DIRECTIONS

Chop cauliflower or place in food processor. Heat oil in a large skillet over medium heat.

Add cauliflower and salt.

Cook, stirring occasionally, until the cauliflower is softened, about 5 min.

Remove from heat and stir in herbs.



½ c. serving = 164 cal., 2.9 gm pro, 7.4 gm CHO, 14.4 gm fat