

# “Cauliflower Rice”



38 Cals per cup

Cauliflower rice can be used whenever rice would be used as an accompaniment.

Plain Cauliflower rice:

Cauliflower (as much as wanted)

Extra virgin olive oil spray

Salt and pepper to taste.

Grate cauliflower (or cut finely or use food processor) into small pieces, so it resembles rice.

Spray a non-stick pan sparingly with oil, add the cauliflower and toss until lightly browned.

Season with salt and pepper.

Serve.

Other options:

Try adding some mixed herbs (add 2 cals per serve)

Try adding 1 tsp of parmesan cheese per cup of “rice” (add 12 cals per serve)

Add a sprinkle of garlic and herb salt at the end (add 2 cals per serve)

Get creative!!!! Add whatever you like, just don't forget to count the calories!