

Cauliflower Fried Rice



Makes:

6

Utensil:

Saladmaster Food Processor
12" Electric Oil Core Skillet
small mixing bowl

Rate ★★☆☆☆☆

Recipe:

Contributed By:

Diana Valenciano
[Write a Review](#)

Recipe Description:

Want the take out but don't want the carbs and calories in fried rice? Then this is the recipe for you! One cup of cauliflower is equivalent to 25 calories versus the 218 calories in a cup of white rice. Loaded with vegetables and delicious flavors, you'll never go back to fried rice again!

Hungry for more? [Click here](#) to experience a meal with Saladmaster.

1 head of cauliflower, minced, use Cone #1
1 medium onion, shredded, use Cone #2
1 carrot, shredded, use Cone #2
1 cup
peas
(63
g)

½ cup
 soy sauce, low-sodium
 (118
 ml)
 1 tbsp
 brown sugar
 (3
 g)
 1 tbsp
 ground ginger
 (5
 g)
 1 tsp
 red pepper flakes
 (1
 g)
 3 eggs

Directions:

1. Preheat skillet at 375°F (190°C) for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Process onion and carrot using Cone # 2 and set aside. Cut the head of cauliflower in half and process both halves using Cone #1.
3. Add carrots, onion and peas to the skillet. cover and cook for 5 mins.
4. In a small bowl, combine the soy sauce, brown sugar, ground ginger and red pepper flakes and whisk.
5. Move vegetables to the side in your skillet and add eggs, cover and cook for 3 minutes, check periodically until eggs are scrambled. Combine eggs and vegetables.
6. Add cabbage and combine ingredients. Cover and cook. When Vapo-Valve™ begins to click, turn heat down to low (180°F /80°C) and cook for for 7-10 minutes until cauliflower is tender.
7. Garnish with green onions and serve!

Tips:

- For non-vegetarians, add your choice of shrimp, chicken, pork, beef or all 4 for a combination "fried rice" meal.
- For additional protein, add tofu when sauteing vegetables.
- For an extra kick, top with Sriracha.

Nutritional Information per

▼ Serving

Calories: 101
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 93mg
Sodium: 924mg
Total 11g
Carbs:
Dietary Fiber: 3g
Sugar: 3g
Protein: 7g