

Cauliflower Fried Rice (Vegetarian)



Prep:

5 mins

Total:

20 mins

Makes:

8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Gourmet Wok with Cover

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Contributed By:

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Recipe Description:

Get all the flavor without all the carbs of traditional fried rice with

this delicious Vegetarian Cauliflower Fried Rice recipe. Cauliflower rice has approximately 25 carbs per cup, versus traditional brown rice that has over 200 carbs per cup. Add a variety of your favorite vegetables and omit the eggs to make this a vegan-friendly meal.

1
head
cauliflower, riced, use Cone #2
2
large
carrots, shredded, use Cone #1
2
tbsp
ginger, shredded, use Cone #1
1
medium
white onion, strung, use Cone #2
1
cup
frozen corn
1
cup
frozen peas
3
whole
eggs
3
tbsp
soy sauce or liquid aminos
2
tbsp
sesame oil
3
cloves
garlic, shredded, use Cone #1
1
?4
cup
green onions, diced, green part only

Directions:

1. Preheat wok for approximately 5-7 minutes or until several drops of water sprinkled on the pan skitter and dissipate.
2. Add the onions, carrots, garlic and ginger. Cover and cook until onions are translucent, approximately 5 minutes.
3. In a bowl, crack the eggs and whisk them until they are combined. Add them to the wok and cook until they are fully scrambled and cooked.
4. Add the corn, peas, sesame oil, cauliflower rice, green onions and soy sauce and combine. Cover and cook for

approximately 10 minutes.

5. Serve warm and garnish with additional green onions and hot sauce, if desired.

Nutritional Information per Serving

Calories:

118

Total Fat:

4g

Saturated Fat:

1g

Cholesterol:

69mg

Sodium:

545mg

Total Carbs:

16g

Dietary Fiber:

5g

Sugar:

5g

Protein:

6g