

Veggie and Cauliflower Fried "Rice" – Serves 6

Classic fried rice gets a refined carb makeover by swapping white rice for finely chopped cauliflower. Almost any seasonal vegetable will do...simply toss in whichever veggies are on hand and in minutes you'll have a colorful and nutritious, filling, one pan dish that's perfect for any time of day...breakfast, lunch or dinner.

1 head cauliflower, about 2 pounds
3 tablespoons extra virgin olive oil, divided
2 Tablespoons minced ginger
3 cloves garlic, minced
¼ teaspoon red chili pepper flakes, optional
1 generous pinch sea salt
1 small red onion, sliced
3 stalks celery, sliced
2 cups broccoli florets, snap peas, or snow peas
1 red pepper, sliced
2 Tablespoons low sodium soy sauce
3 eggs, lightly beaten
1 teaspoon rice vinegar or fresh lime juice

Using a knife or food processor, chop cauliflower into very fine pieces, about the size of a lentil, and set aside.

Heat a wide skillet over medium heat and add 2 tablespoons of oil. When oil shimmers, add the ginger, garlic and optional red chili flakes. Sauté for about 30 seconds, until fragrant, then add cauliflower and a generous pinch of salt, stirring until well coated. Cook over medium heat, stirring often, until cauliflower is tender, about 8 minutes. If pan becomes dry before cauliflower is cooked, add water, 1 tablespoon at a time and continue cooking. When just tender spoon cauliflower into a bowl and set aside.

Return skillet to medium heat and add remaining tablespoon of oil. Add onions, celery, broccoli, red pepper and soy sauce. Sauté for 3-4 minutes until vegetables are just tender but still crunchy. Move the vegetables over to one side of the pan and pour eggs into the open space. Let eggs sit undisturbed for about 30 seconds, then scramble until cooked through, another 30 seconds or so. Add the cauliflower back to the pan, mixing everything together. Season with rice vinegar or fresh lime juice.

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Chef C's Cooking Tips:

- For an even heartier version try adding ground turkey. Heat 1 tablespoon of oil and cook the meat with the ginger, garlic, and chili flakes. Remove meat to a bowl and proceed.
- Many vegetables can be chopped in advance and stored in the fridge until ready to use.
- Not enough time to chop? Simply toss in a bag of prepared stir fry vegetables.