



National Fruits and Veggies Month Recipe

Stir-fry Cauliflower "Rice"

Ingredients (serves 5-6)

- 2 tsp. sesame oil
- 2 tsp. sunflower, safflower or coconut oil
- 1 large carrot, finely diced
- 3/4 cup red onion, finely diced
- 1/2 head cauliflower, finely chopped to rice-sized bits (use a food processor to save time)
- 1/4 cup water or low-sodium broth
- 1 tbsp. reduced sodium soy sauce (or teriyaki sauce)
- 2 green onions, sliced
- A pinch of garlic powder and ginger to taste
- Fresh cilantro or coriander leaf (optional)
- Toasted nuts or sesame seeds (optional)

Directions

1. In a large sauté pan, heat the oil over medium-high heat. Add the carrot, sauté for about 2 minutes, add the onion and cook covered for 3-5 minutes, stirring occasionally, until onions are soft and translucent.
2. Stir in the cauliflower and 1/4 cup water/broth. Reduce heat to medium, cover and cook for 5 minutes, stirring halfway way through the cooking time.
3. Stir in the soy sauce (or teriyaki sauce) and the green onions. Season with a pinch of garlic powder and ginger (optional: cilantro, coriander, nuts, and sesame seeds). Check for doneness. Don't overcook! The cauliflower should have a little texture and not be mushy.

Tips

- Pair with a high-quality protein (edamame/tofu, grilled chicken, scrambled eggs, or baked salmon) and a side of steamed broccoli or green peas.
- This is a great replacement for traditional fried rice!

Navy MWR Nutrition Tip: Cauliflower provides a nutritional punch full of vitamin C, a proven antioxidant that boosts immunity and protection against cancer. Although lackluster in color, include white foods when eating the rainbow!



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