

## Cauliflower Rice

By

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### Ingredients:

1 head of cauliflower

[Sea salt](#)

1 T Olive oil

### Procedure:

1. Cut away outer leaves of cauliflower.
2. While washing the cauliflower, inspect the head, and remove any spots or unsightly marks.
3. Pat dry with a paper towel.
4. Break off florets and put several into the food processor with the metal blade attachment that chops. Pulse cauliflower until it is the size of a grain of rice.
5. Remove and repeat pulsing process until all of the cauliflower looks like a bunch of rice grains.
6. Put a tablespoon of olive oil into a large skillet and let the oil get hot. (Not smoking, but hot).
7. Pour in cauliflower rice and sauté as though you were making fried rice. Some recipes say that you should only sauté one cup of the cauliflower at a time and put bone broth in it and let it absorb the broth to soften it. I, however, just dump all of it in at once and turn with a metal spatula in the skillet, and it turns out fine without adding the bone broth.
8. Serve as a side dish (as you might regular rice) or use as a rice substitute in stir fried dishes. You can also add onion or other small-chopped veggies, if you want to make it more like fried rice or a rice pilaf.

NOTE: You can also freeze the riced cauliflower, either after it's cooked or in its raw state. However, you want to spread it out on a piece of parchment paper over a 3/4 sheet pan and flash freeze it first so it's not all clumped together. Once it's frozen, it will stay loose when you put it in zip lock bags. Be sure to label the bag so you know if it's cooked or raw so you don't end up with a surprise when you are going to use it thinking it's already cooked when it's not. You can also buy the raw cauliflower pre-made at Trader Joe's.