

Mediterranean Cauliflower Rice

- 1 large head cauliflower or 32 ounces store-bought cauliflower rice
- 1/4 cup sliced almonds
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, pressed or minced
- Pinch of red pepper flakes
 - (omit if sensitive to spice)
- ¼ teaspoon Himalayan sea salt
- ½ cup chopped flat-leaf parsley
- 1 tablespoon lemon juice
- Freshly ground black pepper, to taste



1. If you're working with a head of cauliflower, cut it into medium chunks and discard the core. Working in batches, pulse the chunks in a food processor with the S-blade until they're broken into tiny pieces, just bigger than couscous. Or buy your cauliflower already riced.
2. Wrap the cauliflower rice in a clean tea towel or paper towel, twist, and squeeze as much water as possible from the rice—you might be surprised by how much water you can wring out.
3. Toast the almonds in a large skillet over medium heat, stirring frequently (careful, or they'll burn), until they're fragrant and starting to turn golden on the edges, about 3 to 5 minutes. Transfer the toasted almonds to a bowl to cool.
4. Return the skillet to the heat and add the olive oil and garlic. Cook while stirring until the garlic is fragrant, about 10 to 20 seconds. Add the cauliflower rice, red pepper flakes and salt, and stir to combine. Cook, stirring just every minute or so, until the cauliflower rice is hot and turning golden in places, about 6 to 10 minutes.
5. Remove the skillet from the heat. Stir in the toasted almonds, parsley and lemon juice. Season to taste with salt and pepper, and serve warm.

Makes 4 servings.

Serving Size = 1 cup cooked cauliflower

Enjoy with 1 cup of on plan fruit and 3 oz protein to complete the meal.

