

Cauliflower Rice

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Ingredients:

- 1 head cauliflower, raw
- 2 Tbsp butter or coconut oil
- 1 yellow onion, chopped
- 1-2 cloves of garlic, minced
- Salt and pepper to taste

Preparation:

1. Rinse cauliflower under cold water and break apart into large chunks.
2. Using food processor, pulse until cauliflower has reached a grainy texture like rice.
3. Melt butter or coconut oil in pan on stovetop over medium heat.
4. Saute onion and garlic until translucent (3-4 mins).
5. Add in cauliflower rice and continue to sauté 4-5 minutes.
6. Season with salt and pepper.