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Cauliflower Rice

Make the most of cauliflower with this dish that makes vegetables the star. The added crunch from protein-rich nuts and fresh aroma from the picked basil make this one well-rounded meal.

Ingredients:

Grapeseed oil 1 tbsp
Cauliflower 4 oz.
Garlic 1 tsp
Brown rice 1 cup
Water as needed
Toasted pecans 1 oz.
Basil 1 oz.
Salt to taste

Directions:

1. Add grapeseed oil to the pan and allow to heat.
2. Add in cauliflower florets. Allow to caramelize to a golden brown.
3. Add garlic and rice. Allow flavors to meld.
4. Add water to steam and allow cauliflower to cook al dente.
5. Add toasted pecans and a pinch of salt.
6. Pick basil instead of chopping to keep the flavor intact and the herb green. Add to dish and serve.

Nutrition Facts:

Serving size: 1 dish
Recipe yields: 1 serving
Calories: 568
Fat: 36 g
Carbs: 56 g
Protein: 11 g