



## Healthy cooking with kids

# Cauliflower fried rice

### MAKES 4 SERVINGS

#### INGREDIENT LIST:

16 oz. riced cauliflower (fresh or frozen)  
1 tablespoon sesame oil  
2 eggs  
½ small onion, diced  
1 cup frozen peas and carrots  
5 green onions, chopped and separated  
3 tablespoons soy sauce  
1 clove garlic, minced  
Salt to taste  
Cooking spray

#### ADDITIONAL TIPS:

- You can swap out the vegetables for other options your family might like. Peppers, broccoli and edamame can work well.
- Add some protein, such as chicken or tofu, to make it into a meal.
- If you can't find riced cauliflower, you can make your own by pulsing fresh cauliflower in a food processor until it resembles rice.

**PREPARATION:** Whisk 2 eggs in a mixing bowl with a pinch of salt. Dice the onion, chop the green onions and mince the garlic. Spray a large sauté pan or wok with cooking spray and place over medium heat. Add the eggs and cook, turning a few times until almost set; then transfer to a plate. Add the sesame oil to the pan and add the onions, white portions of the green onions, peas and carrots and garlic. Cook for a few minutes until the onions and garlic begin to soften. Turn the heat to medium high and add the cauliflower rice and soy sauce. Let cook for 5 to 6 minutes stirring occasionally. Add in the cooked eggs and then remove from heat. Garnish with the green portions of the green onions.

Watch our cooking videos on YouTube. Search Children's Wisconsin cauliflower fried rice.