



## Kids' healthy eating

### Cauliflower fried rice

#### 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.

**Makes four servings as a side dish**

**Watch a video of how to make this recipe at [missionhealthykids.org](https://missionhealthykids.org) under For Families and Nutrition.**

**Mission: Healthy Kids** raises awareness about the impact of nutrition, physical activity and healthy minds on kids' physical development, ability to learn and emotional well-being.

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