

Cauliflower Rice

Ingredients:

1 head cauliflower
2 tsp salt
1 tsp black pepper
2 tbsp olive oil

Directions:

Break up cauliflower into large chunks. In the bowl of a food processor, working in batches, pulse cauliflower until it resembles rice.

In a large pan over medium-high heat, heat olive oil until shimmering.

Add cauliflower and season with salt and pepper. Cook, stirring frequently, and gently – about 6-8 minutes.

Serve immediately as a substitute for rice.