

**Riced Cauliflower**  

**Riced cauliflower can be made by separating a head into florets and pulsing in the VitaMix or food processor until uniform rice grain texture occurs. 1 head of cauliflower produces approximately 4 cups of riced cauliflower. Or my favorite time saver.... Trader Joe’s sells riced cauliflower in the fresh produce section and in the freezer section.**

**Sautéed Riced Cauliflower**

**1 TBSP olive oil**

**1 clove garlic, minced**

**1 cup riced cauliflower**

**1 tsp Terra’s Table mushroom powder**

**Pinch of cayenne**

**Salt & Pepper to taste**

**2 TBSP shredded Parmesan, (optional)**

**Instructions: Heat olive oil over medium heat in sauté pan. Add the garlic until oil is fragrant. Add the cauliflower, mushroom powder, cayenne, salt & pepper. Stir constantly until cauliflower is evenly coated and warmed thoroughly. Sprinkle with shredded Parmesan.**

**Note: I prefer my cauliflower to be a little crunchy but you can sauté longer to get your desired texture.**

**Variation: Add sliced brussels sprouts to the cauliflower and sauté together, notice the moisture level. You may want to add a splash more olive oil or you could add a splash of broth to prevent them from drying out.**

**Enjoy!**

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