



Catholic Health Initiatives

Imagine better health.®

Cilantro Lime Cauliflower Rice

Serves 5

Prep/cooking time: 30 minutes

Ingredients:

- 1 head cauliflower, chopped into florets
- 1 tbsp. olive oil
- 2 garlic cloves, minced
- 2 green onions, sliced
- Salt and pepper to taste
- ¼ cup lime juice
- ¼ cup fresh cilantro, chopped



Healthy Side

Directions:

Place half of the cauliflower in a food processor and pulse until the cauliflower is the consistency of rice, don't over process or it will get mushy. Do the same with the other half of the cauliflower. In a large sauté pan heat olive oil, green onions and garlic over medium heat for 2 minutes or until softened. Increase the heat to medium-high and add the cauliflower rice. Cover and cook 5 to 6 minutes, stirring frequently, until the cauliflower is a little crispy on the outside and still soft on the inside. Remove from heat and place in a bowl, mix with cilantro and lime juice. Add salt and pepper to taste. Serve as a side dish to your favorite meal.

Harvest of the Month
cilantro