



# Catholic Health Initiatives

*Imagine better health.®*

## Cilantro Lime Cauliflower Rice

Serves 5

Prep/cooking time: 30 minutes

### Ingredients:

- 1½ tsp. chili powder
- 1 tsp. cumin
- ½ tsp. black pepper
- ½ tsp. salt
- 4 chicken breasts, cut into strips
- 2 bell peppers, cut into strips
- 1 onion, sliced
- 1 tsp. salt
- 2 tbsp. extra virgin olive oil
- Fresh cilantro
- Fresh lime juice

### 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.



*Healthy Side*

Harvest of the Month  
*cilantro*