



**NUTRITION PER SERVING:**

**CALORIES** 58  
**PROTEIN** 3 G  
**CARBOHYDRATE** 10 G  
**TOTAL FAT** 1.5 G

**PREP TIME:** 5 MINUTES  
**COOK TIME:** 5 MINUTES

**YIELD:** 4 SERVINGS  
**SERVING SIZE:** 1 SERVING

**INGREDIENTS:**

- 4 C** CAULIFLOWER CRUMBLES, THE SELL THIS IN STOP AND SHOP NOW
- 1 TSP** OLIVE OIL
- ½** MEDIUM ONION, FINELY DICED
- 2** MEDIUM PLUM TOMATOES, SMALL DICE
- 1** JALAPENO, SEEDS AND MEMBRANE REMOVED, MINCED
- 2** GARLIC CLOVES, MINCED
- 2 TBSP** TOMATO PASTE
- ½ TSP** CUMIN
- ¼ TSP** SMOKED PAPRIKA
- ¼ TSP** CAYENNE PEPPER
- 1** KOSHER SALT
- FRESHLY GROUND BLACK PEPPER, TO TASTE
- CHOPPED CILANTRO



# MEXICAN CAULIFLOWER RICE

THIS MEXICAN INSPIRED DISH OF CAULIFLOWER "RICE" MAKES A FANTASTIC LOW-CARB, GRAIN-FREE STAND IN FOR RICE.

- 01** Heat the oil in a large skillet over medium-high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes. Add the garlic and cauliflower, sauté until the cauliflower is just tender, 2 minutes.
- 02** Add the tomato paste, cumin, paprika, cayenne, salt and pepper. Stir to evenly coat the vegetables and cook for 1 minute or until heated through. Add chopped cilantro and serve.

