Michele Sodon

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 AREMOVED, 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

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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.