

Cauliflower rice

Curiosity peaked and I embarked on a cauliflower adventure last night. Cauliflower seems to be the new “it” veggie – being used as in lieu of potatoes and starches as cauliflower mash, cauliflower pizza crust, cauliflower rice... Last night I gave one of these rice recipes a go, and I wasn't disappointed!

Ingredients

1 head of cauliflower
1 tbsp olive oil
1 clove garlic
1 small yellow onion

Directions

1. Preheat the oven to 425 degrees.
2. Wash and grate the cauliflower. You may want to chop into smaller chunks to make this process easier.
3. Chop the onion and garlic (I used a garlic press).
4. Spread the cauliflower pieces as thinly as possible on a large baking sheet and throw it in the oven. Bake for 15 mins.
5. In the meantime, lightly sauté the onion and garlic in olive oil.
6. Flip/toss the cauliflower at least once about halfway through the cooking process.
7. Remove from oven when finished, add the onion and garlic, season with salt and pep and enjoy.

This is a great substitution to a “starchier” side dish like white rice or potatoes. The glycemic index of cauliflower is estimated to be about 15, making it a healthy alternative especially for diabetics or those monitoring glycemic index/load.