

CAULIFLOWER RICE WITH MUSHROOMS AND THYME

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 4 (Serving= 1 cup)

Nutrition (per serving)

Calories: 109

Total Fat: 5 g

Saturated Fat: 1 g

Sodium: 189 mg

Total Carbohydrate: 12 g

Dietary Fiber: 4 g

Total Sugars: 5 g

Protein: 6 g



Ingredients

- 1 Tablespoon extra-virgin olive oil
- 2/3 cup chopped onions
- 2 cups chopped raw mushrooms
- 1 Tablespoon minced garlic
- ½ cup no salt added canned peas, drained and rinsed
- 4 cups riced cauliflower
- 2 Tablespoons grated Parmesan
- 1 ½ teaspoons leaf thyme
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt



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Directions

1. In a large skillet over medium-high, add olive oil, onions, mushrooms, and garlic. Sauté until onions are translucent. About 3-5 minutes.
2. Add remaining ingredients, cover and cook for additional 5-7 minutes, or until cauliflower is tender.
3. Top with Parmesan if desired.