

# MEXICAN CAULIFLOWER "RICE"

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

Serves: 4 (Serving= 3/4 cup)

## Nutrition (per serving)

Calories: 130

Total Fat: 8 g

Saturated Fat: 1 g

Sodium: 197 mg

Total Carbohydrate: 14 g

Dietary Fiber: 5 g

Total Sugars: 6 g

Protein: 4 g



## Ingredients

- 5 cups cauliflower florets
- 2 Tablespoons olive oil
- ½ cup chopped yellow onion
- 2 cloves of garlic, minced
- 1 jalapeno, diced
- 1 cup chopped tomatoes
- 3 Tablespoons tomato paste
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- ¼ teaspoon ground cayenne pepper
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ cup chopped fresh cilantro
- 2 Tablespoons fresh squeezed lime juice



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## Directions

1. Place the cauliflower florets in a food processor 1 cup at a time and pulse until they are a rice-like consistency; about 3-4 times. Set aside.
2. Heat the olive oil in a large skillet over medium heat. Add the onions, garlic, and jalapeno to pan and sauté until tender and fragrant, about 2-3 minutes.
3. Stir in tomatoes and cauliflower and sauté until the cauliflower is just tender; about 2 minutes.
4. Add the tomato paste, cumin, paprika, cayenne pepper, salt, and pepper. Stir to evenly coat the vegetables and cook for an additional minute or until heated through. Top with cilantro and squeezed lime juice.

## To make bariatric diet friendly:

Use 3 cups cauliflower florets instead of 5. Add 2 cups cooked and shredded boneless, skinless chicken breasts at the end of cooking.

Bariatric nutrition info (makes 5 servings,  $\frac{3}{4}$  cup each): Calories 170, Total Fat 8g, Sat Fat 1.5g, Sodium 560mg, Total Carbohydrate 8g, Fiber 3g, Sugars 4g (none added), Protein 19g