



ROASTED CAULIFLOWER RICE WITH GARLIC AND LEMON

Makes 2 servings

INGREDIENTS

- 16 ounces riced cauliflower
- 1 tablespoon olive oil
- 3 cloves garlic, chopped
- 1/2 teaspoon kosher salt
- 2 teaspoons fresh chopped parsley
- 1 teaspoon fresh lemon juice

INSTRUCTIONS

To cut the cauliflower into rice: Remove the core and coarsely chop the cauliflower into florets, then place the cauliflower (in 3 or 4 batches) in a food processor and pulse until the cauliflower is small and has the texture of rice or couscous – don't over process or it will get mushy. Set aside and repeat with the remaining cauliflower.

Preheat oven to 425° F. Spray a large sheet pan with oil. Combine the riced cauliflower, olive oil, garlic and salt on the prepared sheet pan, spread out in a single layer and roast in the oven 25 minutes, mixing halfway until golden.

Remove from oven, top with fresh lemon juice and parsley. Makes 1 1/2 cups.