

Cauliflower Fried Rice

Ingredients:

1 cup	Bell pepper (red, yellow, or orange)
2 cups	Brown rice
2 cups	Cauliflower
½ cup	Green onion
1 ¼ teaspoon	Olive oil



Peanut Sesame Ginger Chicken
with Cauliflower Fried Rice

Method:

- Preheat a large sauté pan to medium-high heat; add olive oil.
- Add bell peppers and cauliflower. Sauté on medium-high heat until slightly caramelized and softened. About, 3-4 minutes.
- Add rice and green onion, cook until warm.

Nutritional Information:

Servings: 5 | Calories: 120 | Fat: 2 grams | Sodium: 20 milligrams
Carbohydrates: 22 grams | Protein: 3 grams | Fiber: 3 grams