



## *Cauliflower Rice Stir Fry*

### Ingredients

- 1 head cauliflower riced (chop with knife or use processor)
- 2 tablespoons olive oil
- 3 eggs, whisked
- 1/2 cup scallions chopped
- 3 cloves garlic
- 1 cup broccoli, small florets
- 1 red pepper, diced
- 1 small white onion, diced
- 1 teaspoon red pepper flakes
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- Low sodium soy sauce

### Instructions

1. Add oil to skillet turn heat to medium
2. Add garlic and onion, cook til translucent
3. Add cauliflower and stir, cook for 3 - 5 minutes
4. Add sesame oil
5. Add eggs and stir until eggs are lightly cooked
6. Add broccoli, pepper, vinegar, red pepper flakes and stir
7. Cook everything for another 5 minutes
8. Add scallions
9. Remove from stove
10. Serve hot
11. Add soy sauce
12. Enjoy

