

# COCONUT LIME CAULIFLOWER “RICE”

RECIPE FROM THE LOVE DIET BY CONNIE GUTTERSEN RD, PHD.

<b>Culinary Intro:</b>	Today we are creating a fun take on rice by using cauliflower and flavorful ingredients like herbs, oils, and coconut.
<b>Nutrition Intro:</b>	This recipe allows for a mix of vegetables as well as healthy fats. Vegetables are good for your diet to add not only color and flavor, but also vitamins, minerals, and dietary fiber.

**Prep Time:** 30 minutes  
**Ingredients for 4 servings:**  
**Each serving=** About 1 cup  
**Cost per serving= \$0.82**

- 1 large head cauliflower (stems and leaves removed), separated into pieces
- 1 Tablespoon extra-virgin olive oil
- ½ cup chopped cilantro
- Juice of ½ lime
- 1 Tablespoon minced garlic
- 2 Tablespoons canned light coconut milk
- 1/8 teaspoon kosher salt

**Steps:**

1. Rinse cauliflower and dry well with paper towels. Next, “rice” your cauliflower by either pulsing it in a food processor, taking care not to over-process into a puree, or grating it with a fine cheese grater.
2. Heat oil in a large saucepan over medium heat, and then add in cauliflower “rice”, cilantro, lime juice, and garlic.
3. Cook until cauliflower is hot throughout; then add coconut milk and salt. Cook for an additional 2 minutes and serve warm.

## Culinary/ Nutrition Notes for Demo:

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### Culinary:

- point out the type of skillet to use for this preparation; the skillet should allow enough room for all ingredients to cook without crowding
- oil helps with the cooking process; also adds flavor
- heat should be hot enough so that when chicken is added, it sears and browns
- patting the chicken dry with a paper towel helps with the browning process; excess moisture on meats makes them steam rather than sear
- discuss how searing and browning chicken adds color and develops flavor by forming a crust
- discuss importance of food safety when working with raw poultry and other raw meats
- importance of uniform cuts for even cooking
- onion and garlic are ingredients commonly found in a variety of recipes
- garlic and onion can be stored at room temperature in a cool, dry place; these ingredients also have a long shelf life

### Nutrition:

#### *Protein, Satiety & Weight Management:*

- High protein foods have been linked to increase satiety, and appetite control which may facilitate weight management.
- The distribution and type of protein foods is crucial. Choose lean sources and make sure to include in each meal, especially breakfast, which can set the tone for other food choices through the day.
- Lean sources of protein are the best way to go. Examples of lean sources of protein indicated in your diet include beef, chicken and fish.
- Examples of other sources of protein for this recipe include lean ground beef (preferably extra lean 96%), lean ground turkey (99%), or milanesa.
- The recommended serving size per meal is 3oz.

# Nutrition Facts

Serving Size (227g)  
Servings Per Container 4

Amount Per Serving

**Calories** 100    **Calories from Fat** 50

**% Daily Value\***

**Total Fat** 6g    **9%**

Saturated Fat 2g    **10%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 125mg    **5%**

**Total Carbohydrate** 12g    **4%**

Dietary Fiber 4g    **16%**

Sugars 4g

**Protein** 4g

Vitamin A 2%    •    Vitamin C 170%

Calcium 6%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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## Culinary:

- if heat is too high, turn it down; should be at medium: sauté the onion gently and do not let the onion brown
- curry is a blend of spices that vary from region to region; certain spices that may be familiar to this area include cumin, garlic, and black pepper
- the type of curry prepared depends on where you are and local preferences

## Nutrition:

### Vegetables in the Recipe

- Onion provides inulin, a type of prebiotic. Prebiotics feed the good bacteria in the gut, promoting digestive health. Studies suggest that keeping a healthy gut microbiota is associated with helping maintain a healthy weight. Other potential sources of prebiotics indicated in the diet include: spinach, collard greens, kale, mustard greens, tomato, jicama, and asparagus.
- Tomatoes are the richest source of lycopene, a powerful antioxidant that has been associated with promoting health.

### Vegetables & Dietary Fiber

- This is a recipe in which you can incorporate a variety of vegetables.
- Vegetables are low in calories, while high in dietary fiber, vitamins & minerals.
- Dietary fiber contributes to increasing satiety and may help with appetite control & weight management.
- The color of vegetables speaks for the type of phytonutrients they provide; each color represents a family of good-for-you nutrients. Try to include a variety with meals

### Beans

- Garbanzo beans also called chickpeas, are a fiber dense, and are a good source of protein.
- About 70% of the fiber found in garbanzo beans is insoluble, which remains undigested all the way down to the colon where it served as fuel for the good bacteria in the gut, promoting digestive health.
- One serving size of beans is equivalent to ½ cup beans (not fried or with bacon).
- Beans and legumes count as a carbohydrate serving.

### Oils

- Extra-virgin olive oil is a source of monounsaturated fatty acids, the heart-healthy kind.
- All oils and fats have the same amount caloric value.

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## Culinary:

- note on addition/sequence of ingredients to build flavor and proper cooking times
- basic principles of sautéing as a flavor enhancer; sautéing allows food to cook gently, allowing their aromas to enhance the flavor of the dish
- notice the variety of vegetables that are included in this dish
- other veggies can be used like: zucchini, bell peppers, green beans, asparagus, broccoli and cauliflower; cooking times may vary depending on the vegetables

		<p>added</p> <p><b>Nutrition:</b> <i>Complete Meal</i></p> <ul style="list-style-type: none"> <li>• Complement this meal with a serving of fruit.</li> <li>• One serving is equivalent to 1 small round fruit, 1 cup berries, ½ banana, or 12 grapes. Limit intake of tropic fruits such as papaya, mango, and pineapple because they have a higher concentration of natural sugars.</li> <li>• Each serving of fruit counts as a carbohydrate serving.</li> </ul>
	4	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• rinse &amp; drain canned foods</li> <li>• pantry items used: canned beans, veg stock, spices</li> </ul>
	5	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• discuss cilantro's impact on overall flavor→aroma gives a burst of bright, green flavor to the dish</li> <li>• cilantro, an herb that is commonly used in Latin foods, is a great complement to the curry</li> </ul>

**Clean-up/Review comments**

**Culinary:**

You can also try substituting a little coconut milk for a different variation to the recipe.

Materials	Shopping List
<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 serving dish for final presentation</li> <li>5. 1 food processor or cheese grater</li> <li>6. mise en place cups</li> <li>7. 1 electric skillet or large saucepan</li> <li>8. 1 can opener</li> <li>9. 1 strainer/ sieve</li> <li>10. silicone spatula</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. tasting spoons</li> <li>15. paper towels</li> <li>16. tablecloth</li> <li>17. kitchen towel</li> <li>18. gloves</li> <li>19. copies of recipe</li> </ol>	<p data-bbox="824 243 948 275"><b>Produce</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 small white onion</li> <li><input type="checkbox"/> 1 head garlic</li> <li><input type="checkbox"/> 1 bunch celery</li> <li><input type="checkbox"/> 1 bunch spinach</li> <li><input type="checkbox"/> 2 tomatoes</li> <li><input type="checkbox"/> 1 small bunch cilantro</li> </ul> <p data-bbox="824 548 980 579"><b>Dry Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 15 ounce can garbanzo beans</li> <li><input type="checkbox"/> 1 container low-sodium vegetable broth</li> <li><input type="checkbox"/> 1 box instant brown rice or 1 package whole wheat naan bread (for serving)</li> </ul> <p data-bbox="824 730 1003 762"><b>Condiments</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 jar curry powder (no salt added)</li> <li><input type="checkbox"/> 1 bottle extra-virgin olive oil</li> </ul> <p data-bbox="824 877 1013 909"><b>Paper Goods</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> paper bowls, spoons/forks, napkins, paper towels</li> </ul>
<p data-bbox="84 993 370 1024"><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p data-bbox="84 1318 646 1350"><b>Estimated time for preparation: 1 hour</b></p>	