



Coconut Lime Cauliflower Rice

4 Servings • 1 Serving = 1 Cup

Recipe from *The Love Diet* by Connie Guttersen, RD, PhD

INGREDIENTS

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

DIRECTIONS

1. "Rice" your cauliflower by either pulsing it in a food processor, taking care not to over-process it into a puree, or grating it with a fine cheese grater.
2. Heat oil in a large sautépan 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.

Nutrition Facts	
4 servings per container	
Serving size	1 cup
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 4.5g	9%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	8%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 653mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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