



Cauliflower Fried “Rice” and Beans

Servings

2

Calories

240

Prep Time

5 minutes

Total Time

10 minutes

Skill Level

Easy

Ingredients

2 cups Mann’s Cauliflower Fried “Rice” Blend

Italian Dressing (recipe below)

½ cup canned kidney beans, drained

½ cup canned garbanzo beans, drained

¼ cup green beans, blanched and chopped into 1” pieces

Italian Dressing

1 ½ tablespoons vinegar, white wine

¼ teaspoon salt

⅛ teaspoon ground black pepper

2 teaspoons dijon mustard

1 teaspoons garlic, minced

2 teaspoons oregano leaves, dried

4 tablespoons canola oil



The Method

Add the Cauliflower Fried “Rice” Blend and beans to a medium mixing bowl and stir to combine.

For Italian Dressing:

In a small bowl, combine vinegar, salt, pepper, mustard, garlic, and oregano and mix well. Add the oil in a slow stream and whisk vigorously to emulsify. Pour the dressing over the vegetables and toss. Add more salt and pepper as needed and serve.



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Nutrition Facts

Serving Size: 380g | Servings: 2

Amount Per Serving

Calories 240 | Total Fat 3g (sat 0g trans 0g) | Cholesterol 0mg | Sodium 960mg | Total Carbohydrate 0g | Dietary Fiber 13g |
Sugars 15g | Protein 13g | Vitamin D 0% | Calcium 10% | Iron 15% | Potassium 20%