



Cauliflower “Fried Rice” with Mushrooms

Servings

4

Calories

140

Prep Time

5 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

Canola oil

2 eggs

6 shitake mushrooms, sliced

1 (12 ounces) bag of Mann’s Cauliflower “Fried Rice” Blend

3 cloves of garlic, minced

1 tablespoon sesame oil, toasted

2 tablespoons soy sauce



The Method

Heat a large non-stick skillet over medium-high. Add 2-3 tablespoons of the oil and the eggs, stirring until they are scrambled and cooked through. Remove eggs to a plate and return skillet to the stove, adding more oil if necessary.

Add the mushrooms and sauté for 2-3 minutes. Add the Veggie Cauliflower “Fried Rice” Blend and cook, stirring, for 4-5 minutes more or until the vegetables are crisp-tender.

Add the minced garlic and stir for one minute more, until the garlic is fragrant. Remove the pan from the heat and stir in the sesame oil, soy sauce and scrambled eggs.

Serve immediately..

Nutrition Facts

Serving Size: 76g | Servings: 4

Amount Per Serving

Calories 140 | Total Fat 12g (sat 1.5g trans 0g) | Cholesterol 90mg | Sodium 320mg | Total Carbohydrate 2g | Dietary Fiber 0g | Sugars 1g (Includes 0g Added Sugars) | Protein 5g | Vitamin D 6% | Calcium 0% | Iron 0% | Potassium 4%