



Cauliflower “Rice” Pilaf

Servings

2

Calories

270

Prep Time

10 minutes

Total Time

25 minutes

Skill Level

Easy

Ingredients

- 1 (12 ounce) bag Mann’s Cauliflower “Rice”
- 5 teaspoon olive oil, extra virgin
- ½ cup red onion, diced
- ¼ cup scallions, sliced
- ¼ cup asparagus, diced
- ¼ cup mix of red, yellow, orange sweet peppers, diced
- 1 teaspoon turmeric powder
- 1 teaspoon lemon pepper, ground
- 1 teaspoon garlic, minced
- ½ cup sundried tomato, chopped
- 1 teaspoon parsley, chopped
- salt, to taste



The Method

In a large skillet over medium heat, add oil, onion, scallion, and Cauliflower “Rice,” cook for 2-3 minutes, stirring frequently.

Add the rest of the ingredients and cook for an additional 5 minutes.

Season with salt to taste, garnish with parsley, and serve hot.

Nutrition Facts

Serving Size: 335g | Servings: 2

Amount Per Serving

Calories 270 | Total Fat 13g (sat 2g trans 0g) | Cholesterol 0mg | Sodium 1710mg | Total Carbohydrate 32g | Dietary Fiber 7g | Sugars 14g | Protein 7g | Vitamin D 0% | Calcium 6% | Iron 15% | Potassium 15%