



Meatless Cauliflower “Rice” “Meatballs”

Servings

12

Calories

70

Prep Time

10 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- ½ cup diced onion
- 8 ounces finely chopped mushrooms
- 1 (12 ounce) bag Mann’s Cauliflower Rice
- 2 tablespoon chopped parsley
- ¼ teaspoon garlic powder
- 2 tablespoons chopped Kalamata Greek olives
- ½ cup grated Parmesan cheese
- ½ cup bread crumbs, Italian seasoned
- 1 egg, beaten
- 2 tablespoons extra virgin olive oil
- 1 tablespoon sun-dried tomatoes or chopped walnuts (optional)
- Vegetable oil (as needed for frying)



The Method

Steam Cauliflower “Rice” according to the packaging directions.

Sauté onions and mushrooms in a hot pan over medium-high heat until mixture begins to brown, about 4-5 minutes. Remove and place in a large mixing bowl along with the steamed Cauliflower “Rice” and add all remaining ingredients. Mix well, then using your hands moistened with water, shape into 12 large or 24 small balls.

In a frying pan, preheat a thin layer of oil over medium-high heat and fry the balls on all sides, about 2-3 minutes per side or until golden brown.

Serve with marinara sauce.



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Nutrition Facts

Serving Size: 78g | Servings: 12

Amount Per Serving

Calories 70 | Total Fat 4g (sat fat 1g trans 0g) | Cholesterol 20mg | Sodium 160mg | Total Carbohydrate 7g | Dietary Fiber 1g |
Sugars 2g (Includes 0g Added Sugars) | Protein 3g | Vitamin A 2% | Vitamin C 30% | Calcium 6% | Iron 2%