

Riced Cauliflower (or cauliflower rice)

I have always loved cauliflower but making cauliflower rice is my new favorite way to use this phytochemical rich vegetable. I am not alone. Stores are running out of this cruciferous gem and some stores are putting limits on how much can be purchased at one time

So why the hype? I'd like to think it is because it is packed with vitamins and minerals that can help prevent cancer and is a good source of fiber. But there are a lot of foods that have these great qualities that don't have the same popularity.

I expect that it has more to do with the fact that there are only 29 calories in a cup of riced cauliflower compared with 242 calories in the same size of white rice. Plus for those watching their carbs, it has only 5 grams of carb in a cup compared to 53 grams in white rice. It helps that there are a variety of easy ways that it can be used and it tastes great.

My first attempt at making riced cauliflower was a bit messy as I had little white pieces everywhere. I made it from a full head of cauliflower, placing sections into my food processor and pulsing until it was broken up into pieces the size of rice. Besides the extra cleanup, this worked well and provides the largest amount of "rice" for the least amount of money. Cauliflower rice can also be purchased already riced either fresh in the produce section or frozen. I typically use frozen as it is easy and I can use just the amount I need at the time.

While I am not typically a recipe follower, I love to use Pinterest for different ideas as they provide enticing pictures and they provide some great recipes. Just type in "healthy cauliflower rice recipes" in the search option for a variety of options. Here is one of my most recent cauliflower rice creations which I love. It only has 300 calories and is very filling.

Shrimp, Black beans and Cauliflower Rice (Serves one)

Heat olive oil in sauté pan and add shrimp and chipotle seasoning. Cook approximately two minutes per side or until shrimp turns from grey to pink. Set aside.

3 ounces Shrimp, medium sized deveined (thawed)

1/8 tsp. chipotle seasoning (or to taste)

2 tsp. olive oil

In same pan, on medium heat, sauté

1 cup fresh sliced mushrooms

1/2 cup mixture of a mixture of diced green pepper and onions

1 cup fresh spinach

Once these are almost tender, add in

2 minced garlic cloves

1/3 cup black beans (I use them from a can for simplicity and rinse them first)

1 cup frozen cauliflower rice



Sauté all ingredients for a few more minutes until tender and hot. Top with cooked chipotle shrimp. Enjoy!