



Cauliflower

Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides antioxidants and phytonutrients that can protect against cancer. It contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients.

Nutrition Facts	
Serving Size 62 g	
Amount Per Serving	
Calories 14	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A	0% • Vitamin C 46%
Calcium	1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Frosty

- 1 IP powdered or ready-made shake or pudding, prepared
- 2 cups frozen cauliflower rice

In a high-powered blender, combine the prepared drink or pudding with frozen cauliflower rice until smooth. Pour into a tall glass and enjoy!

Cauliflower Potato Salad - 6 one-cup svgs

- 1 head Cauliflower, washed and cut to small florets
- 2/3 C Walden Farms Mayo
- 1 Tbsp Apple Cider Vinegar
- 1 Tbsp Dijon Mustard
- 1/2 tsp Garlic Powder
- 1/2 tsp Paprika
- 1/2 tsp Salt
- 1/4 tsp Black Pepper
- 1/3 C Onion, chopped
- 1/3 C Celery, chopped
- 2 Hard-boiled Eggs

Steam chopped cauliflower until crisp-tender; Let cool. Combine remaining ingredients and blend into cooled cauliflower. Chill before serving.

Arroz Con Pollo ('rice' w chicken) - 3 meat/veg svgs

- 1 pound chicken, cooked and shredded
- 1 c chopped green onions
- 1 c red pepper, chopped
- 2-3 cloves garlic, crushed
- 4 oz canned tomato sauce
- 1/4 c *Lizano Sauce
- 3 c riced cauliflower

In a fry pan, sauté garlic, onions, and red pepper in a small amount of olive oil. Add tomato sauce and Lizano sauce. Stir in cooked chicken and simmer until heated.

Remove meat and vegetable mixture and lightly stir-fry riced cauliflower. Add meat and vegetable mixture back in; combine, heat and serve.

**Lizano Sauce can be purchased in a Mexican grocery store. To make your own, combine: 1/2 can tomato sauce, 1 tsp cumin, 1 tsp turmeric, and 1/4 tsp black pepper.*

Cauliflower Rice Variations

Spanish Cauliflower Rice: Add 1 Tbsp red pepper flakes + 1/4 C salsa + diced tomatoes + jalapenos + cilantro

Curry Cauliflower Rice: Add 1 Tbsp curry powder + fresh grated ginger + red chilies + fresh lime juice

Fried Cauliflower Rice: Add scrambled egg + 1 Tbsp sesame oil + fresh grated ginger + 1-Tbsp soy sauce

Italian Cauliflower Rice: Add 1 Tbsp dried oregano + fresh basil + diced sun-dried tomatoes + diced red onion

Greek Cauliflower Rice: Add 1 Tbsp oregano + 1 Tbsp capers + 1 Tbsp Dijon mustard + 1 Tbsp Cider Vinegar

Sweet Cauliflower Rice: Add dash of cinnamon + stevia to taste + vanilla extract / powder

Lemon Cauliflower Rice: Add juice of 1 lemon + 1 tsp sea salt

Sushi Cauliflower Rice: Add 1 Tbsp rice vinegar + 1 tsp stevia + nori/kelp flakes

Herbed Cauliflower Rice: Add mix of fresh herbs diced finely such as dill, chives, or basil, oregano, rosemary, etc.

Source: <https://nutritionstripped.com/simply-cauliflower-rice/#.UxeGfOddX18>