



Cauliflower “Rice” Veggie Stir-Fry

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 yellow onion, diced
- 1/2 cup finely diced carrots
- 1 diced sweet potato
- 1/2 cup diced red bell pepper and/ or yellow bell pepper
- 1/2 cup black beans
- 1/2 teaspoon crushed red pepper flakes
- 2 cloves garlic, minced
- 1 medium head cauliflower, trimmed and florets separated
- 1/2 teaspoon black pepper
- Kosher or sea salt to taste
- 2 tablespoons coconut aminos

Instructions:

1. Add cauliflower to a food processor and pulse until the consistency of rice. A grater can be used in place of a food processor, using the small holes. Note: If using a grater, do not separate cauliflower before grating. Set aside. Or purchase riced cauliflower (Trader Joe’s sells a 16oz bag, it’s not organic, but quick).
2. In a large skillet, heat oil over medium heat.
3. Sauté onion, sweet potatoes and carrots until tender, about 10 minutes.
4. Add in red bell pepper, yellow bell pepper and black beans and sauté one additional minute.
5. Add red pepper flakes and garlic and sauté one additional minute.
6. Add "rice" cauliflower to the skillet, cover and cook until tender, approximately 5 minutes.
7. Add black pepper and coconut aminos, toss to combine with cauliflower.
8. Remove from heat and serve immediately. Enjoy!

Notes from Lori: A stir-fry is my go-to meal for a quick and healthy lunch or dinner. This easy stir-fry can be a template to add or subtract other items. No need to measure the vegetables, just chop and go. Better yet, chop your veggies over the weekend, so you just have to toss them in the skillet after you get home from work and you will be eating within 15 minutes. After step 5, experiment with adding spinach or kale. See what is in your fridge and add it to the stir fry, trying to make a rainbow of colors in the stir-fry. Substitute beans for chicken or add in eggs for a breakfast scramble. Missing a veggie? No worries, just use what you have on hand and guarantee it will still be tasty and nutritious. Best thing, this is all done in one skillet, so minimal dishes to wash! Try to use organic vegetables when possible. P.S. Use riced cauliflower in place of rice for any of your meals – My kid’s still don’t know that they are eating cauliflower instead of rice (shhh...don’t tell them either)! Easy and healthy substitution.

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