



MUSHROOM CAULIFLOWER RICE

SKILLET RECIPE

By Dr. Cindy Tanzar
(Standard/Maintenance)

Cauliflower rice is so versatile. You can use it as a filler in a number of dishes, just as you would rice. This vegetable side dish is so easy and flavorful and is done in only 20 minutes. Since everything in this recipe is a vegetable, just measure out a cup to fit into your Genesis Health Solutions Weight Loss Program food plan. This recipe is adapted from primaverakitchen.com.

Makes 4-5 servings and covers your vegetables.



INGREDIENTS

- 2 Tbsp. coconut or avocado oil
- 1 stick celery, diced small
- 1/2 cup onion, chopped
- 1-2 cloves garlic, minced
- 3 cups mushrooms, sliced



14 oz. cauliflower rice (make your own, buy already riced in produce dept. or in frozen vegetable section – may have to give or take a couple of ounces if frozen)

1/3 cup organic chicken broth

Coconut Aminos (soy sauce alternative) or Tamari (gluten-free soy sauce), to taste (Kroger carries both)

2 cups spinach

Pink Himalayan salt and pepper, to taste

INSTRUCTIONS

If making your own rice, pulse the cauliflower florets in a food processor for about 25-30 seconds until rice-like consistency. Set aside.

Heat a large skillet over medium heat. Add oil. Sauté celery and onions until tender, approx. 5 minutes. Add garlic and cook for 30 seconds. Add mushrooms and sauté until tender and browned.

Add the cauliflower rice, chicken broth and Coconut Aminos (or Tamari). Allow the cauliflower to absorb the liquid, cooking until soft but not mushy.

Add spinach and cook for 2 minutes. Season with salt & pepper.