



MUSHROOM & SPINACH CAULIFLOWER RICE

By Dr. Cindy Tanzar
(Standard/Vegan)

This recipe is simple, quick and very tasty. It's a very flavorful way to dress up any simple meal.

Makes 6-7 servings. One serving is one cup and covers your vegetable for one meal.



INGREDIENTS

- 10-oz bag frozen cauliflower rice
- 2 Tbsp avocado oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 large container sliced mushrooms
- 2 large handfuls spinach leaves
- 2 Tbsp Tamari (gluten-free soy sauce) or coconut aminos



INSTRUCTIONS

Cook cauliflower rice according to directions.

Heat a large skillet over medium-high heat. Add onions and cook until soft and lightly browned.

Toss in mushrooms and sauté until nicely browned. Add in garlic, cooking for 1 minute.

Turn heat to low and add cauliflower rice and tamari, stirring until mixed well. Add spinach, mixing until spinach is just wilted.