



SPICY CAULIFLOWER STIR-FRY

By Dr. Cindy Tanzar
(Standard/Vegan)

Recipes for Asian dishes are one of the most requested for clients on the GHS weight loss plan. In this recipe adapted from the Pioneer Woman, we substitute traditional Siracha, which usually contains preservatives and sugar, with Frank's Hot Sauce. You can always add a little stevia, MonkFruit or Swerve, if you like. Since everyone's tastes are different, try adding just a teaspoon of hot sauce (or none at all) to begin. You can always add more flavor, but you can't take it away.

In addition, experiment with adding other vegetables to add variety. Makes 4-5 servings. Use one cup of this recipe to equal one serving of vegetable for one meal.



INGREDIENTS

- 1 head of cauliflower (or package of fresh florets)
- 2-3 tsps. organic coconut or avocado oil
- 2 cloves minced garlic
- 2 Tbs. Tamari (gluten-free soy sauce) or Coconut Aminos
- Juice of one lime



2 green onions, sliced

1 Tbs. Frank's Hot Sauce (or to taste)

Optional: couple of drops of stevia, MonkFruit or 1 tsp. Swerve

INSTRUCTIONS

Cut or break the cauliflower into smaller florets. Heat the oil in a large skillet over medium-high heat. Add the cauliflower, stir-frying until browned. Cook for 3-5 minutes, then turn the heat low.

Add Tamari/Coconut Aminos, lime and green onion. Stir and cook for 1 minute, then add the hot sauce over the cauliflower. Stir until well incorporated. Add as much or as little hot sauce as you wish.