



NUTRITION PER SERVING:

CALORIES	58
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	1.5 G

PREP TIME:	5 MINUTES
COOK TIME:	5 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

- 4 C** CAULIFLOWER CRUMBLES, THE SELL THIS IN STOP AND SHOP NOW
- 1 TSP** OLIVE OIL
- $\frac{1}{2}$ MEDIUM ONION, FINELY DICED
- 2** MEDIUM PLUM TOMATOES, SMALL DICE
- 1** JALAPENO, SEEDS AND MEMBRANE REMOVED, MINCED
- 2** GARLIC CLOVES, MINCED
- 2 TBSP** TOMATO PASTE
- $\frac{1}{2}$ TSP CUMIN
- $\frac{1}{4}$ TSP SMOKED PAPRIKA
- $\frac{1}{4}$ TSP CAYENNE PEPPER
- 1** KOSHER SALT
- FRESHLY GROUND BLACK PEPPER, TO TASTE
- CHOPPED CILANTRO



MEXICAN CAULIFLOWER RICE

THIS MEXICAN INSPIRED DISH OF CAULIFLOWER "RICE" MAKES A FANTASTIC LOW-CARB, GRAIN-FREE STAND IN FOR RICE.

- 01** Heat the oil in a large skillet over medium-high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes. Add the garlic and cauliflower, sauté until the cauliflower is just tender, 2 minutes.
- 02** Add the tomato paste, cumin, paprika, cayenne, salt and pepper. Stir to evenly coat the vegetables and cook for 1 minute or until heated through. Add chopped cilantro and serve.

