

Cilantro Cauliflower Rice

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*Serves 6

Ingredients:

1 large head of cauliflower
2 tablespoons coconut oil
¼ cup freshly chopped cilantro
Pinch of salt
Pinch of ground black pepper

Directions:

Rinse cauliflower and break apart florets. Place into food processor with a blade and process until cauliflower begins to resemble rice. Repeat until all cauliflower has been processed. Heat coconut oil in pan over medium heat. Saute cauliflower with cilantro and seasoning for about 5 minutes, stirring frequently.