

## Cauliflower and Brown Rice Modified from *Nutrition Action*, 2014



This is a fantastic, easy recipe – like creamed cauliflower only much healthier.

**Total time to prepare:** 40 minutes, serves 6

### Ingredients:

- 1 lb. cauliflower, chopped into small pieces
- 3 Tbs. extra-virgin olive oil
- 3 cloves garlic, minced
- 3/4 cup short-grain brown rice
- 1/3 cup grated parmesan cheese
- 1 Tbs. lemon juice
- 1/2 tsp. kosher salt
- freshly ground black pepper

### Directions:

- In a large, heavy pot over medium heat, sauté the cauliflower in the oil until browned, about 3 minutes.
- Stir in the garlic and cook for 1 minute.
- Stir in the rice with 3 cups of water (I added some chicken bouillon) and bring to a boil. Cover and adjust the heat to simmer for 25 minutes.
- Uncover and stir until the cauliflower starts to fall apart. Continue simmering until the rice is tender, about 5 minutes.
- Remove from the heat and stir in the parmesan and lemon juice.
- Season with up to ½ tsp. of salt and plenty of black pepper.

### Nutrition Information:

*Per serving (1 cup)— (that's a lot because this is rich)*

Calories: 190

Sodium: 260 mg

Total Fat: 9 g

Saturated Fat: 2 g

Carbohydrates: 23 g

Protein: 5 g

Fiber: 2 g