Seasoned Cauliflower “Rice”

Ingredients
1 medium head cauliflower
1 cup coconut milk
½ cup vegetable stock
1 to 2 tablespoons freshly squeezed lime juice
2 cloves garlic, crushed
½ teaspoon crushed red chili flakes
½ teaspoon Herbamare or sea salt

Directions
1. Break or cut the cauliflower into smaller pieces and place them into a food processor fitted with the “s” blade. Pulse until the cauliflower is coarsely ground. It takes about two minutes of pulsing to accomplish this. Be careful not to over-process and turn the cauliflower to mush.
2. In a large skillet or wide pot, such as an 11-inch deep skillet, heat the coconut milk, broth, lime juice, garlic, chili flakes, and salt over medium heat. Once the mixture is simmering add the ground cauliflower.
3. Stir together and simmer uncovered for 10 to 15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking.

Yields: 4 to 6 servings

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