

Cauliflower Rice

Cilantro Lime Cauliflower 'Rice'

1. Grate cauliflower florets or pulse in a food processor until it resembles rice.
 2. Place grated cauliflower and water in large pan. Cover and steam over medium heat until tender- about 5 minutes. Remove cover and allow remaining water to dissipate before adding additional ingredients.
 3. Stir lime zest, lime juice, cilantro, and butter into cooked cauliflower until well blended.
- Serve and enjoy!

Have you tried cauliflower 'rice'? Cauliflower's mild taste and firm texture make it a perfect substitute for rice, and now this low-cal nutrient packed swap-out is easier than ever! I just purchased a bag of grated cauliflower 'crumbles' in the fresh produce section of my local Target.

Trader Joe's carries a frozen riced cauliflower that is ready to go and great to keep on hand. For the more kitchen savvy among us, cauliflower 'rice' is easy to create with a food processor or metal cheese grater. Store in a sealed container for up to 5 days in the fridge or freeze for longer. Use these tiny bits of delicious cauliflower to replace rice in all your favorite recipes. Whip up a quick batch of fried 'rice', use it as the base in stuffed peppers or burritos, and season it for a classic side.

Cilantro Lime is perfect for summer!