

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!