

Cauliflower Rice

Ingredients

1 head of cauliflower

Preparation

Core the head of Cauliflower and remove leaves. Cut into florets and remove most of the stem. Rinse well and pat florets dry.

Add to florets to bowl of food processor using blade attachment, do not over fill. Pulse processor until cauliflower is rice like.

You can also use box cheese grater. Using the largest holed section, run florets down to get rice sized pieces.

Take amount of cauliflower rice your will be using and place in microwave safe bowl. Mix with olive oil or butter, salt and pepper, stir to evenly distribute. Cover with plastic wrap. Microwave for 3 minutes. Stir and serve.