

Cauliflower Edamame Rice

Try this quick and easy high protein, veggie-forward “rice” option as the perfect Asian-inspired side dish.

Prep Time: 10 mins

Total Time: 20 mins

Serves: 4

Ingredients

- 4 cups cauliflower rice, frozen, defrosted (4 cups ~ 1 head fresh)
- 2 cups edamame beans, frozen and shelled, defrosted
- 6 scallions, thinly sliced
- 2 cloves garlic, minced
- 2 teaspoons fresh grated ginger root
- 2 tablespoons avocado oil
- 2 teaspoons toasted sesame oil
- 2 tablespoons tamari soy sauce
- ½ cup chopped cilantro

Directions:

1. Defrost frozen cauliflower rice and edamame soybeans. Alternatively, you could make your own cauliflower rice by pulsing cauliflower florets in a food processor.
2. Place edamame into a food processor and pulse until the mixture resembles the texture of rice.
3. Heat avocado oil in a medium sauté pan. Add scallions, garlic, and ginger and cook gently over medium heat until softened and fragrant.
4. Add cauliflower rice, edamame rice, and tamari then stir-fry over medium heat for approximately 3-4 minutes until the rices are cooked
5. Garnish with fresh cilantro.

Recipe by: Lisa Markley, MS, RDN, LD

lisa.markley@adventhealth.com

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