



Mediterranean Cauliflower 'Rice'

Adapted from: Cookie and Kate

- Prep Time: 20 minutes
- Cook Time: 15 minutes
- Total Time: 35 minutes
- Yield: 4 side servings

INGREDIENTS

- 1 medium-to-large head cauliflower or 16 ounces store-bought cauliflower rice
- ½ cup sliced almonds
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, pressed or minced
- ¼ teaspoon fine sea salt
- ½ cup chopped flat-leaf parsley
- 1 tablespoon lemon juice
- Freshly ground black pepper, to taste

INSTRUCTIONS

1. If you're working with a head of cauliflower, cut it into medium chunks (see photo) and discard the core. Working in batches, pulse the chunks in a food processor with the S-blade until they're broken into tiny pieces, just bigger than couscous. (If you don't have food processor grate the cauliflower on the medium holes of a grater).
2. Wrap the cauliflower rice in a clean tea towels or paper towels, twist, and squeeze as much water as possible from the rice—you might be surprised by how much water you can wring out.
3. Toast the almonds in a large skillet over medium heat, stirring frequently (careful, or they'll burn), until they're fragrant and starting to turn golden on the edges, about 3 to 5 minutes. Transfer the toasted almonds to a bowl to cool.
4. Return the skillet to the heat and add the olive oil and garlic. Cook while stirring until the garlic is fragrant, about 10 to 20 seconds. Add the cauliflower rice, salt, and stir to combine. Cook, stirring just every minute or so, until the cauliflower rice is hot and turning golden in places, about 6 to 10 minutes.
5. Remove the skillet from the heat. Stir in the toasted almonds, parsley and lemon juice. Season to taste with salt and pepper. Serve warm.

NOTES: MAKE IT NUT FREE: Substitute raw sunflower seeds for the almonds.