

Cauliflower Fried Rice

- **1 medium-sized head of cauliflower**
- **2 tablespoons High Heat cooking oil**
- **1 large carrot, shredded**
- **2 garlic cloves, minced**
- **1 cup shredded cabbage**
- **1 cup julienned red onion**
- **3 tablespoons Coconut Aminos**
- **6 medium sliced mushrooms**
- **1 tablespoon minced ginger**

PREP CAULIFLOWER: Shred cauliflower using the largest side of a grater OR by just pulsing some rough cut pieces in a food processor; the end product should resemble smallish grains of rice.

STIR FRY: Heat 1 tablespoon oil in a large skillet over medium low heat. Cook the mushrooms until browned. Add the carrots, ginger and garlic and stir fry until fragrant, about 5 minutes. Add the cauliflower, cabbage, onion and remaining oil to the pan; stir fry quickly to cook the cauliflower to a soft (but not mushy) texture.

FINISHING TOUCHES: Stir in the Coconut Aminos just before serving. Feel free to garnish with, chili flake, toasted nut, or green onion.