

Cauliflower Rice

This is a great stand in for rice if you want something lighter or eat a paleo diet. While it doesn't really taste exactly like rice, the look and texture is close. It has a delicious savory taste.

4 servings

3 Tb olive oil

1 medium onion, finely chopped (1 cup)

¼ tsp salt

4 stalks celery finely chopped (1 cup)

1 head cauliflower, stems trimmed and coarsely chopped (about 5 cups)

¼ cup parsley or cilantro chopped

- Heat oil in a large sauté pan over medium low heat.
- Sauté onion for 8-10 minutes, until soft.
- Add salt and celery and sauté for 5 minutes until tender.
- Put cauliflower into a food processor and pulse until it is the texture of rice



- Add cauliflower to the sauté pan. Cover and cook for 15-20 minutes, on low heat, stirring occasionally until soft.
- Stir in parsley
- Adjust seasonings and serve