

CAULIFLOWER FRIED RICE

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Ingredients:

1/2 tsp oil optional

1/4 cup onion or shallots , chopped

4 cloves of garlic finely chopped

1 tbsp minced ginger

1 cup peas and carrots

1/2 cup chopped bell pepper

1/2 head of medium cauliflower , 2.5 to 3 cups shredded

1/4 head of broccoli , about 1 cup shredded, or use more cauliflower

1 tbsp + 1 tsp soy sauce

1 to 2 tsp asian chile sauce

1/2 to 1 tsp toasted sesame oil

1/4 tsp salt

a generous dash of black pepper

scallions for garnish



CAULIFLOWER FRIED RICE

Directions:

1. Cook onion and garlic in oil (or 1 tbsp broth) over medium heat until golden. Add ginger, bell pepper, veggies, peas and carrots and a dash of salt. Mix, cover and cook for 3 to 4 minutes.
 2. Add the shredded cauliflower or cauliflower+ broccoli, sauces, salt and pepper and mix well. (I use a food processor with S blade for making shredded cauliflower rice. Chop and pulse until evenly shredded. Use similar size florets for best result).
 3. Cover and cook for 5 minutes. Fluff really well, cover and let sit to steam for another 2 minutes. You want the cauliflower to be cooked to a bit more than al dente, but still have just a slight bite.
 4. Taste and adjust salt, flavor. Fluff again. Serve hot as is or with some stir fry or baked tofu. Add some asian chile sauce or some soy sauce for garnish when serving as is. I serve it with some stir fry like the Baked Tofu and Eggplant with Soy Lime Sauce.
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Nutrition Information

Serving Size: 1 (of 2)

Amount Per Serving:

Calories: 283 Calories

Total Fat: 13g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 60mg

Carbohydrates: 42g

Fiber: 11g

Sugar: 23g

Protein: 6g

The logo for Truman Medical Centers (TMC) features the letters 'TMC' in a large, bold, blue serif font. The 'T' and 'M' are connected at the top, and the 'C' is separate. Below the letters is a horizontal blue line.

TRUMAN MEDICAL CENTERS

CUCUMBER MELON SALSA

Prep: 30 min

Ready in 2 Hrs 30 min

Ingredients:

2 large English (hothouse style) cucumbers,
finely diced

3 cups finely diced fresh cantaloupe

1 tablespoon extra-virgin olive oil

1/2 jalapeno pepper, seeded and minced

1 lime, juiced and zested

1 small red onion, chopped

1 roma (plum) tomato, chopped

1 bunch cilantro, coarsely chopped

1 pinch salt

1 pinch ground black pepper



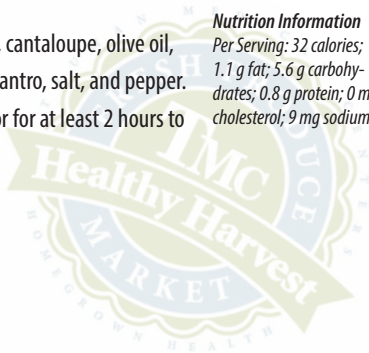
CUCUMBER MELON SALSA

Directions:

In a large serving bowl, lightly mix together the cucumbers, cantaloupe, olive oil, jalapeno pepper, lime juice, lime zest, red onion, tomato, cilantro, salt, and pepper. Cover the bowl with plastic wrap, and chill in the refrigerator for at least 2 hours to let the flavors blend.

Nutrition Information

Per Serving: 32 calories;
1.1 g fat; 5.6 g carbohydrates;
0.8 g protein; 0 mg cholesterol;
9 mg sodium.



<https://www.allrecipes.com/recipe/215553/cucumber-melon-salsa/>