

# Lemon Parsley Rice



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves:** 4

**Prep:** 10 minutes | **Cook:** 10 minutes

## INGREDIENTS

- 1 medium-to-large head of cauliflower, cut into small pieces
- 1 tablespoon olive oil
- 3 cloves of garlic, minced
- 1/2 teaspoon salt
- Pinch of red pepper flakes
- 1/2 cup fresh parsley, minced
- 1 tablespoon lemon juice (about 1 lemon)
- Pepper to taste

## DIRECTIONS

1. Cut cauliflower head into medium-sized chunks; discard the stem and core parts. Grate the chunks until they are rice consistency.
2. Heat a large pan or skillet over medium to high heat and add olive oil and garlic.
3. Stir 10-20 seconds. Add in cauliflower, salt, and red pepper flakes, and stir to combine.
4. Cook until the cauliflower is hot and begins to turn golden in places, about 5-10 minutes. Stir throughout.
5. Remove from heat. Stir in parsley and lemon juice. Season with salt and pepper. Serve warm.



## Nutrition Information

*Serving Size: 1 cup*

<b>Total calories</b>	<b>69</b>
<b>Total fat</b>	<b>3.6 g</b>
Saturated fat	0.5 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	<b>326 mg</b>
<b>Carbohydrates</b>	<b>6.3 g</b>
Fiber	2.8 g
Sugar	2.9 g
<b>Protein</b>	<b>2.8 g</b>

Notes:

- Brown or white rice can be used instead of cauliflower!

Recipe source: Kim's Cravings