



## Cauliflower Rice...Wait, What?

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With new health recommendations suggesting 8-10 servings of low carbohydrate vegetables daily, it's been exciting to see how the creative foodie community is using vegetables in place of high carb starches in recipes.

If you haven't heard, cauliflower rice is the newest kid on the block. The premise behind the craze is, replace rice in meals and recipes with finely chopped cauliflower, a.k.a. cauliflower rice, for a lower glycemic, lower calorie alternative.

To understand why this is significant, it's important to know that a **1/3 cup** serving of white or brown rice provides about 80 calories, little to no fiber, only a pinch of protein and lots of carbs. (Plus, who eats just 1/3 of a cup anyway?) In other words, rice is a high glycemic food - not the best choice for your blood glucose or energy level.

Cauliflower, on the other hand, is very low in carbs, loaded with phytonutrients and high in fiber. A **¾ cup** serving of cauliflower rice contains 20 calories, 2 grams of fiber, 2 grams of protein and only 4 grams of carbs. This makes a significant difference for those watching their weight, energy level and blood glucose (Umm, most of us!).

Turns out, cauliflower has proven to be a perfect specimen for the rice trade-out experiment because:

1. it can easily be shredded into a fine, rice-like consistency,
2. it looks like rice when riced, and
3. it can be substituted for rice in recipes with totally delicious results.

Home trials of cauliflower rice have been so successful, foods companies have jumped on the opportunity with lightning speed and supermarkets can hardly keep cauliflower rice on the shelves. Trader Joe's sells frozen and fresh cauliflower rice which has been purchased at such high volumes the TJ's in some states have enforced a 2-bag per customer limit. Green Giant is now offering a riced vegetable line as well.

So, the good news - cauliflower rice is delicious, easy to use and quite good for you. The bad news - you may have trouble finding it!

But, no worries! In this blog, you will learn how to make cauliflower rice in minutes in your own kitchen. You'll also learn how to cook it and several ways it can be used in recipes and as side dishes.

### How to Make Cauliflower Rice

#### Recipe for Homemade Cauliflower Rice

##### You will need:

- 1-2 heads fresh cauliflower, washed and thoroughly dried
- Food processor or mini food chopper
- Sharp knife

#### Directions:

- Cut cauliflower head in half and then in quarters.
- With a sharp knife, slice off the spine/core from each quarter of the cauliflower. The florets will fall apart.
- Break apart or chop the florets into small, equal pieces so they will “rice” evenly.
- Place the small pieces into your food processor in a single layer (use the chopping blade).
- Pulse the food processor in 1 second intervals until the floret pieces are in even rice-sized pieces. Be careful not to over process or you will get cauliflower “dust”. Set aside in a bowl.
- Repeat Steps 4 – 5 with the remaining cauliflower pieces.

### How to Cook Cauliflower Rice

Recipes using cauliflower rice are popping up everywhere. There are plenty in Pinterest. Cauliflower rice can be substituted for white rice in most recipes including Asian-inspired dishes like Fried Rice or simply used as a stand-alone side dish instead of rice. Here are 3 simple ways to cook cauliflower rice.

#### Sautéed Cauliflower Rice

##### Ingredients

- 1 Tbsp extra virgin olive oil
- 3-3 ½ cups cauliflower rice, fresh or frozen

##### Directions

- Heat olive oil in a skillet over medium heat until it shimmers.
- Add cauliflower rice. Stir, mixing the cauliflower rice with the olive oil. Spread it into an even layer in the skillet and let it cook for 3 – 4 minutes.
- Stir the cauliflower rice with a spatula, make a new layer, and cook 3 – 4 more minutes.
- Continue cooking 1 – 2 minutes longer stirring constantly until moisture is gone and it is your desired consistency.

#### Microwaved Cauliflower Rice

##### Ingredients

- 1 Tbsp extra virgin olive oil
- 3-3 ½ cups cauliflower rice, fresh or frozen

##### Directions

- Place cauliflower rice in microwaveable glass dish with glass lid.
- Add olive oil and stir.
- Cover with glass lid and microwave on High for 3 minutes.

## Roasted Cauliflower Rice

### Ingredients

- 2 Tbsp extra virgin olive oil
- $\frac{1}{2}$  tsp seasoning salt
- $\frac{1}{2}$  tsp black pepper
- 3-3  $\frac{1}{2}$  cups cauliflower rice, fresh or frozen

### Directions

- Cover a baking sheet with parchment paper.
- Mix cauliflower rice with olive oil, seasoned salt and pepper.
- Layer on parchment paper in thin, single layer.
- Roast in pre-heated 400 degree oven for 10 - 15 minutes (watch it carefully – frozen cauliflower rice may cook faster than fresh).
- Remove pan from oven and toss with spatula. Spread into an even layer again.
- Return pan to oven and roast 5 – 10 minutes longer until golden brown.

For an excellent review on making and cooking Cauliflower Rice, check out this Epicurious article, [The Best Ways to Make Cauliflower Rice](#).