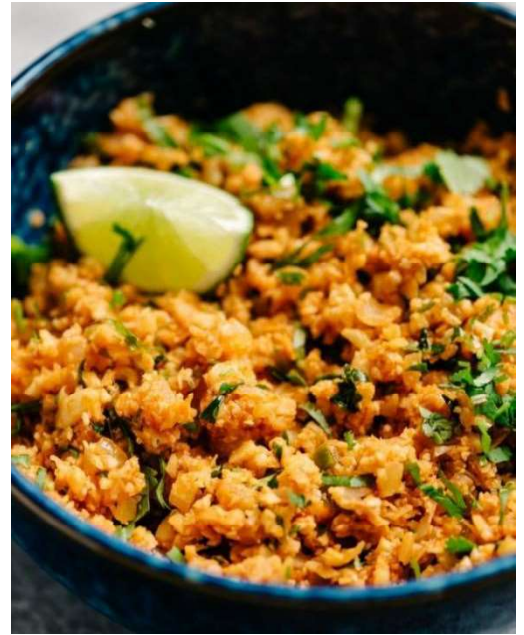


Mexican Cauliflower Rice

- 1 head cauliflower, riced
- 1 tablespoon olive oil
- 1 medium white onion, finely diced
- 2 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 3 tablespoons tomato paste
- 1 teaspoon Himalayan sea salt
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 3 tablespoons fresh chopped cilantro
- 1 tablespoons lime juice



1. Rice the cauliflower. Heat a skillet over medium high heat. Add the oil and heat until it shimmers. Add the onion and sauté until soft and translucent, stirring occasionally, 5-6 minutes.
2. Add the garlic and jalapeno and sauté until fragrant, 1-2 minutes.
3. Add the tomato paste, salt, cumin, and paprika and stir into the vegetables.
4. Add the cauliflower rice and stir continuously until all ingredients are incorporated. Continue sautéing, stirring occasionally, until the cauliflower releases its liquid and is dry and fluffy.
5. Remove the Mexican cauliflower rice from heat. Stir in the cilantro and lime juice. Serve immediately.

Makes 2 servings.

Serving Size = 2 cups

Add 1 cup of on plan fruit & 3 oz protein to complete the meal.

