

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mexican Cauliflower "Rice"

From www.fashionablefoods.com

This side dish goes great with the previous healthy recipe of the week, "green chile chicken bake".

1 head small/medium cauliflower
1 Tbsp extra-virgin olive oil
1 Tbsp butter or ghee
1 small onion, finely chopped
2 gloves garlic, finely minced
2 Tbsp tomato paste
Salt and pepper to taste
½ cup chicken broth, or vegetable broth
Fresh cilantro leaves, for garnish

1. Grate the cauliflower using a box grater or the grating attachment on a food processor. Set aside.
2. Heat the oil and butter in a large skillet over high heat and add in the onion and garlic; sauté for 2 minutes or until softened and fragrant. Stir in the tomato paste and season the mixture with salt and pepper.
3. Add in the cauliflower and the broth and mix well. Cover and cook for 3 minutes.
4. Remove the cauliflower rice from the heat and garnish with cilantro.