

# MEXICAN CAULIFLOWER RICE

## INGREDIENTS

2 cups cauliflower crumbles  
1 teaspoon olive oil  
1/3 cup finely diced onion  
1 plum tomato, small dice  
½ jalapeno, seeds & membrane removed, minced  
1 clove garlic, minced  
1 tablepoon tomato paste  
¼ teaspoon smoked paprika  
¼ teaspoon cumin  
¼ teaspoon cayenne pepper  
½ teaspoon salt  
Ground black pepper, to taste  
Chopped cilantro for garnish

## DIRECTIONS

Heat oil in large skillet over medium-high heat. Add the onion, tomato, and jalapeno. Saute' 2-3 minutes or until just tender. Add the garlic and cauliflower, saute' 6-8 minutes until tender. Add the tomato paste, cumin, paprika, cayenne, salt, and pepper (adjust seasoning amount to taste). Stir to coat the vegetables with seasoning and cook for 1-2 minutes until heated through. Add chopped cilantro and serve.  
Makes 4 servings.

## NUTRITION INFO PER SERVING:

Calories-58  
Total Fat-1.5 g.  
Saturated Fat- 0 g.  
Sodium-317 mg.  
Carbohydrate-5 g.  
Fiber-4 g.  
Protein-3 g.