

# *Kristann's Cauliflower Fried Rice*

## Ingredients

- 1 onion
- Olive oil
- 2 eggs, whisked + set aside
- Cauliflower rice (stick a cauliflower in the cuisanart or blender and pulse into rice size pieces, or buy frozen at the grocery store or grate it yourself!)
- Frozen peas
- Greens, like spinach or kale
- Optional: coconut or braggs amino acids or tamari sauce
- Garnish ideas: scallions, sunflower seeds, scallions, sprouts, spicy chilis, fresh herbs, etc.

## Preparation

- Saute your diced onion in oil (or ghee) until translucent. Throw in your cauliflower rice and pan fry until browned.
- Add in frozen peas, stir until cooked.
- Throw in greens, stir until wilted.
- Stir in whisked eggs, scramble with the rest of the ingredients.

- Add in additional flavor with salt, coconut aminos, etc.
  - Garnish ideas: diced scallions, sunflower seeds, sprouts, chili flakes, and so much more!
- \*Add in meat, tofu or beans for more protein!