Cauliflower Rice with Lemon, Almonds and Edamame

This recipe is a great addition to a well-balanced diet with cauliflower rice as a vegetable base mixed with edamame and almonds as plant based proteins. Additionally, this recipe will provide heart-healthy fats and fiber, as well as vitamin E, magnesium and potassium.

Ingredients:
• 1 bag cauliflower rice (either fresh or frozen)
• 2 tablespoons olive oil or avocado oil
• 1 yellow onion, chopped
• ½-1 cup each of chopped herbs such as parsley, mint and cilantro
• 1 juiced lemon
• ½ teaspoon sea salt
• ½ cup sliced almonds (or any other seed or nut)
• 1 cup edamame, shelled (can find in the freezer section)
• For additional protein, add grilled chicken, shrimp, tofu or tempeh

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Preparation:

1. In a pan, sauté the chopped onion with 1 tablespoon of oil until the onion is translucent after about 5 minutes.

2. Add the cauliflower rice and stir until warm. If using frozen riced cauliflower, make sure to cook prior to adding it to the onion.

3. Add the cauliflower onion mix to a large bowl and add the chopped herbs.

4. Mix in the lemon juice, 1 tablespoon of oil, nuts/seeds and salt, any additional protein and toss until combined.

Season with additional salt to taste & enjoy!

Lisa Farkas, MS, RD, LD/N, CDE
Clinical Dietitian
Broward Health Wellness Center

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954.355.5521