



Cauliflower Fried Rice, Reduced Sodium

Prep Time 5 mins
Total Time 25 mins
Meal Type Lunch, Dinner
Contributed By **LivingPlateRx**

Source Adapted from [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 1 cauliflower (or a 10oz bag frozen cauliflower rice)
- 1 Tbs olive oil
- 1 tsp sesame oil
- 1/4 cup onion, *chopped*
- 1 red bell pepper, *chopped*
- 2 cloves garlic, *minced*
- 1/3 cup vegetable broth low sodium
- 1 tsp ginger, *minced*
- 4 Tbs soy sauce reduced sodium
- 1 1/2 cups edamame, *shelled, defrosted*
- 2 scallions, *chopped*

Directions

Prep

1. Cut floret pieces from the cauliflower stems and rinse well. Place in a food processor and pulse 3-5 times until cauliflower is chopped into rice sized pieces. If using premade, frozen cauliflower rice, defrost and drain in a colander.
2. Chop onion/pepper/garlic/scallions.
3. Grate ginger.

Make

1. In a large skillet heat the olive and sesame oils. Add the onion and red pepper and sauté ~3 minutes until onion is tender and translucent.
2. Stir in the garlic, broth, ginger, and soy sauce. Transfer the cauliflower to the pan and stir. Cover with lid and cook over medium-high heat for 3-4 minutes.
3. Remove the lid and stir in the edamame. Sauté for 3-5 minutes or until liquid has cooked off, and cauliflower is tender.
4. To serve, top with sliced green onion and additional soy sauce (if desired).

Notes

You can use frozen cauliflower rice that has been defrosted and drained. Another low sodium soy sauce replacement to consider is coconut aminos. Made with fermented coconut sap, coconut aminos have a slightly sweet soy sauce flavor. Coconut aminos can be found in your local supermarket in the oil or international foods aisle.

Source: Nutrient data for this listing was provided by USDA Food Composition Database.
Each "--" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 8.3g	12%	Total Carbohydrates 17g	5%
Saturated Fat 1.1g	5%	Dietary Fiber 7g	28%		
Trans Fat 0.0g		Total Sugars 6g			
Cholesterol 0mg	0%	Protein 12g			
Sodium 563mg	24%				
Vitamin D 0mcg 0% · Calcium 79mg 7% · Iron 2mg 12% · Potassium 612mg 13%					

Calories 171
per serving

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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