

## Mixed Cauliflower Rice



### Ingredients:

- 1 head cauliflower, chopped into florets
- 1 cup carrots, diced
- 1 cup green beans, cut into bite-sized pieces
- 1/4 cup onions, chopped
- 1/4 teaspoon cumin
- 1 tablespoon olive oil
- 1/4 teaspoon red pepper flakes
- 2 tablespoons fresh basil, chopped
- 1 teaspoon salt
- 4 cups water

### Directions:

1. Pour water into a medium sized pot and bring to a boil. Add salt.
2. Place cauliflower and carrots into the boiling water, cook for 10 minutes or until soft and fork tender. Turn off heat.
3. Strain liquid, leaving vegetables in the pot. Using a potato masher or fork, mash cauliflower and carrots they look like grains of rice.
4. Heat a skillet to medium heat, add oil, onions, and green beans. Cook until soft.
5. Add the mashed cauliflower and carrots to the skillet, reduce heat to low. Stir until well mixed.
6. Remove from heat. Stir in cumin and pepper flake. Top with fresh basil before serving.

Makes 4 Servings



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