



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	58
PROTEIN	3 G
CARBOHYDRATE	10 G
TOTAL FAT	1.5 G

PREP TIME:	5 MINUTES
COOK TIME:	5 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	1 SERVING

INGREDIENTS:

4 C	CAULIFLOWER CRUMBLES, THE SELL THIS IN STOP AND SHOP NOW
1 TSP	OLIVE OIL
$\frac{1}{2}$	MEDIUM ONION, FINELY DICED
2	MEDIUM PLUM TOMATOES, SMALL DICE
1	JALAPENO, SEEDS AND MEMBRANE REMOVED, MINCED
2	GARLIC CLOVES, MINCED
2 TBSP	TOMATO PASTE
$\frac{1}{2}$ TSP	CUMIN
$\frac{1}{4}$ TSP	SMOKED PAPRIKA
$\frac{1}{4}$ TSP	CAYENNE PEPPER
1	KOSHER SALT
	FRESHLY GROUND BLACK PEPPER, TO TASTE
	CHOPPED CILANTRO



MEXICAN CAULIFLOWER RICE

THIS MEXICAN INSPIRED DISH OF CAULIFLOWER "RICE" MAKES A FANTASTIC LOW-CARB, GRAIN-FREE STAND IN FOR RICE.

- 01 Heat the oil in a large skillet over medium-high heat. When hot, add the onions, tomatoes and jalapeno and sauté until just tender, about 2-3 minutes. Add the garlic and cauliflower, sauté until the cauliflower is just tender, 2 minutes.
- 02 Add the tomato paste, cumin, paprika, cayenne, salt and pepper. Stir to evenly coat the vegetables and cook for 1 minute or until heated through. Add chopped cilantro and serve.

