

## **Cauliflower Fried Rice (Stove Top)**

### **Ingredients**

- 2 cups cauliflower rice (grated or processed cauliflower)
- 1/4 cup diced red bell pepper
- 1/4 cup chopped scallions
- 1 clove garlic, minced
- 1 tbsp olive or sesame oil
- 1/2 tsp grated fresh ginger
- 1 tbsp coconut aminos or low-sodium tamari
- Salt and pepper to taste

### **Instructions**

- 1.Heat oil in a large pan or wok.
- 2.Sauté garlic, ginger, scallions, and bell pepper.
- 3.Add cauliflower rice and stir-fry 5–7 minutes.
- 4.Season with coconut aminos, salt, and pepper.
- 5.Serve warm as a light, satisfying one-pot meal.

## **Benefits**

Low-carb, liver-friendly, and full of fiber and antioxidants.

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