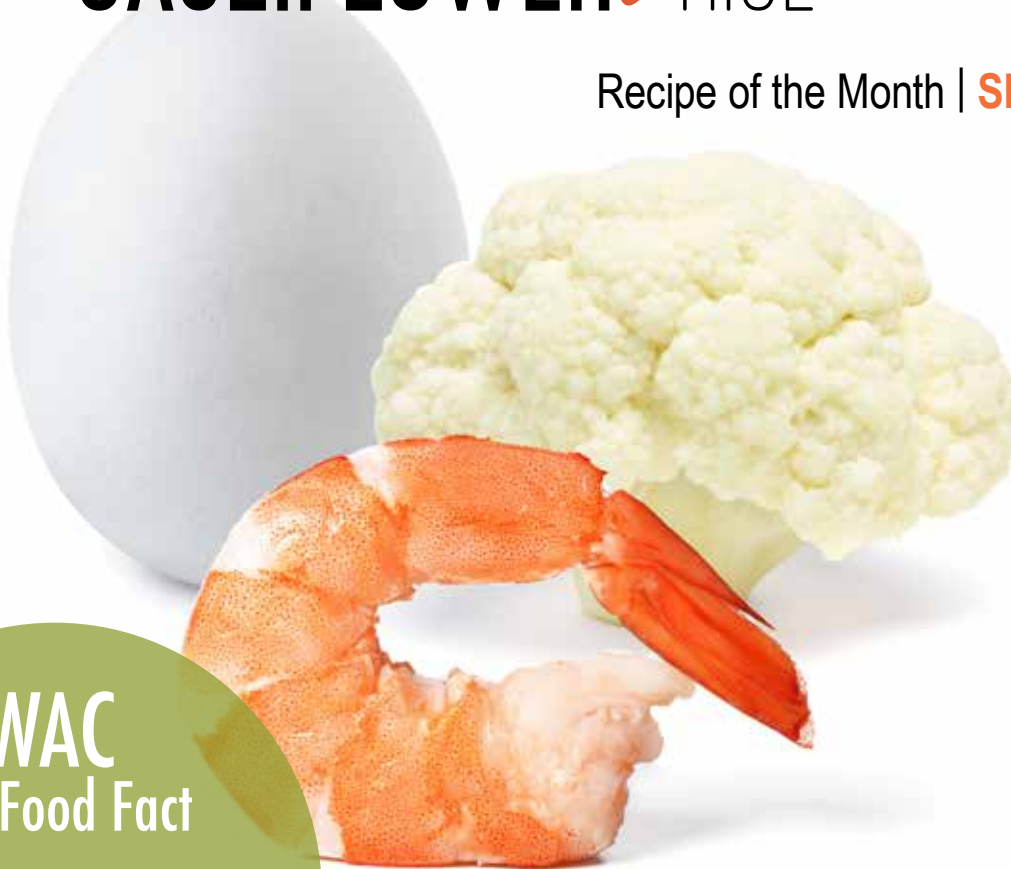


# Shrimp FRIED CAULIFLOWER RICE

Recipe of the Month | **SEPTEMBER**



## WAC Fun Food Fact

You can rice your own cauliflower by pulsing in a food processor with the chopping blade until fine, or use the grating attachment to accomplish the same fine texture

## INGREDIENTS

- 3 tablespoons toasted sesame oil, divided
- 10 ounce medium shrimp, peeled and deveined
- 5 large eggs, lightly beaten
- 1 cup sliced green onions, divided
- 16 ounces fresh or frozen riced cauliflower (such as Green Giant)
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon kosher salt

## INSTRUCTIONS

- 1** Heat 1 1/2 teaspoons sesame oil in a large nonstick skillet over medium-high. Add shrimp; cook 3 minutes. Remove shrimp from pan.
- 2** Return pan to medium-high. Add 1 1/2 teaspoons oil. Add eggs; cook 2 minutes or until almost set, stirring once. Fold cooked eggs in half; remove from pan. Cool, and cut into 1/2-inch pieces.
- 3** Heat remaining 2 tablespoons oil in pan over medium-high. Add 3/4 cup green onions and cauliflower; cook 5 minutes, without stirring, or until browned. Stir in shrimp, eggs, pepper, and salt. Top with remaining 1/4 cup green onions.

Calories 269, Fat 17g, Sattfat 4g, Protein 20g, Carbohydrate 9g, Fiber 3g, Sodium 358mg

