

# CAULIFLOWER FRIED RICE

Looking for a low-carb dinner option? Try this cauliflower fried rice recipe that's easy to whip up in less than 20-minutes.

## 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
- 1/2 teaspoon freshly ground black pepper
- 1/4 teaspoon salt

## DIRECTIONS

### STEP 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.

### STEP 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.

### STEP 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.

## NUTRITION FACTS

Serving Size: 1 cup - makes about 4 servings  
Per Serving: 269 calories; Fat 17g; Sat fat 4g; Unsat fat 12g; Protein 20g; Carbohydrate 9g; Fiber 3g; Cholesterol 0.0mg; Iron 0.0mg; Sugars 3g; Added sugars 0g; Sodium 358mg; Calcium 12%; DV Potassium 16% DV



**Wisconsin Athletic Club**

[www.thewac.com/recipes](http://www.thewac.com/recipes)

