

Sun-Dried Tomato and Mushroom Cauliflower Rice

This is a great side to make as a rice substitute. The mushrooms and sun-dried tomatoes add delicious flavor. Enjoy with your choice of protein for a low carb meal.

Ingredients

2 tablespoons Extra Virgin Olive Oil + additional
1 ½ cups finely chopped Red Onion
1 cup finely chopped Fennel Bulb
2 cups finely diced Baby Bella Mushrooms or Mushrooms of your choice
1 tablespoon minced Garlic
1 large Cauliflower, cut into florets
¾ cup very finely chopped Jarred Sun Dried Tomatoes, drained (Julienne Cut in Olive Oil & Italian Herbs recommended)
¾ cup finely chopped Flat Leaf Parsley
Sea Salt and Fresh Ground Pepper to taste

Preparation

In batches, place cauliflower florets into a food processor and pulse until it resembles the texture of rice. (Do not over process to avoid a mushy texture) Reserve 6 cups and set aside.

Heat 2 tablespoons extra virgin olive oil in a large non-stick skillet on medium-high heat. Add onion and fennel, sprinkle with a pinch of salt and sauté until softened, about 5-7 minutes. Add mushrooms and sauté 3-4 minutes or until golden. (Add additional olive oil if needed) Add garlic and sauté a few minutes longer. Add 6 cups of the grated cauliflower and cook until tender, stirring frequently, about 5-7 minutes. Lower heat to medium and add sundried tomatoes sautéing a few minutes longer, stirring well to combine. Remove from heat; add chopped parsley and season with salt and pepper to taste.

Serves 4-6