

Cauliflower Rice with Caramelized Onions and Roasted Garlic

Chef Audrey - Aldi Test kitchen
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Servings: 4

*1 head cauliflower,
stemmed and coarsely
chopped*
cooking spray
1 head garlic, roasted
*1 onion, thinly sliced and
caramelized*
*4 tablespoons chopped
parsley, divided*
salt (to taste)
pepper (to taste)

Preparation Time: 5 minutes**Cook Time: 10 minutes**

In a food processor, pulse the cauliflower until it resembles coarse crumbs. Place the cauliflower in a kitchen towel and squeeze out any excess liquid. Reserve.

Coat a medium skillet with cooking spray. Place over medium-high heat. Add the cauliflower, garlic, onions and two tablespoons of parsley. Mix until the ingredients are well combined. Season to taste with salt and pepper.

Cook the cauliflower for 10 minutes. Garnish with the remaining two tablespoons of parsley.

Per Serving (excluding unknown items): 19 Calories; trace Fat (5.3% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 1 Vegetable.