

# Persian Cauliflower Rice

*Julie Miltenberger  
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## **Servings: 8**

*3 tablespoons unsalted butter  
1 1/2 teaspoons ras el hanout  
(Moroccan spice blend, found in spice  
aisle)  
1/2 teaspoon ground turmeric  
2 bags (12 ounce ea) cauliflower rice,  
thawed if frozen  
3/4 teaspoon salt  
1/2 cup pomegranate seeds  
1/4 cup parsley, chopped  
1/2 cup toasted walnuts, chopped*

## **Preparation Time: 5 minutes**

### **Cook Time: 7 minutes**

In a large saute' pan, melt the butter over medium-high heat. Stir in the ras el hanout and the turmeric. Add the cauliflower. Cook for 5 to 7 minutes, stirring, until the pieces start to brown.

Stir in the salt, pomegranate seeds, parsley and walnuts.

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Per Serving (excluding unknown items): 39 Calories; 4g Fat (96.8% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 202mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat.