

CAULIFLOWER RICE STIR-FRY



INGREDIENTS

- 2 tablespoons sesame oil
- 1 teaspoon minced garlic
- 1 teaspoon grated fresh ginger
- 2 (12 ounce) packages frozen riced cauliflower medley
- 4 tablespoons soy sauce
- 2 eggs, lightly beaten

DIRECTIONS

1. Heat sesame oil in a large nonstick skillet over medium heat. Add garlic and ginger and saute until fragrant, about 1 minute. Add riced cauliflower medley and cook, stirring frequently, until vegetables are tender-crisp, about 5 minutes. Stir in soy sauce and cook for 1 more minute.
2. Move cauliflower mixture to one side of the skillet and pour eggs into the other side. Cook and stir until eggs are scrambled, about 3 minutes. Combine eggs and cauliflower mixture together and cook until heated through, about 1 minute.

