

Easy Sauteed Cauliflower Rice or Spaghetti Squash Noodles

Ingredients:

- Cooked Rice, Cauliflower Rice**, or Spaghetti Squash – *see directions below for cooking Cauliflower Rice*
- Butter or Olive oil
- Garlic salt and/or other seasonings, *as desired*
- Minced garlic, chopped onion, diced mushrooms, parsley or other seasonings, *as desired*

Directions:

Heat the oil or butter in a skillet and then add any seasoning veggies to the skillet and allow to sauté until tender. (*You could also add the raw, finely chopped, cauliflower to the pan instead of cooking it separately.*)

Add in the cooked rice or noodles and gently stir to combine.

Season with garlic salt or other seasonings and allow to cook for 5-10 minutes, stirring every 2-3 minutes to keep it from burning or sticking.

Serve hot! Top with Parmesan cheese or a drizzle of lemon juice for extra yum!

Cauliflower Rice

Ingredients:

- Cauliflower head, rinsed and cut up
- water

Directions:

I like to steam the cauliflower, but you can boil it as well. They can be steamed or boiled for about 5-10 minutes until fork tender but not mushy.

Once it is cooked, I like to let it sit in a colander for 5-10 minutes to let any excess water drain off.

For rice you can either mash it with a potato masher or throw it in the food processor on pulse until they reach the desired size.