

Cauliflower: The versatile substitute for high-carb veggies

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(HealthDay)—If you'd like to lighten up on carbs without compromising

the taste of dishes you love, make cauliflower "rice" your go-to substitute ingredient.

Cauliflower is among the healthiest of all vegetables, high in vitamin C, fiber and folate. "Ricing" it simply means pulsing it in a food processor until chunks become the size of [rice](#) grains. Then use them for dishes that call for rice, pasta and even potatoes.

This recipe is a great substitute for traditional fried rice, and you can customize it with additional low-calorie vegetables of your choice. For a complete meal, toss in cooked shrimp or chicken cubes at the end.

Cauliflower Fried Rice

- 1 small head cauliflower, cut into florets
- 3 tablespoons sesame oil, divided
- 4 carrots, chopped
- 1 red or yellow onion, peeled and chopped
- 2 tablespoons ginger, minced
- 2 garlic cloves, minced
- 1 cup corn kernels
- 1/4 cup chopped cilantro
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon hot sauce

Place the florets in a food processor and rough chop in about 15 pulses (do this in a few batches for the most consistent "grains.").

Warm a large skillet over medium heat and add one tablespoon of the sesame oil. Add the cauliflower and cook four to five minutes, stirring well until the cauliflower starts to brown. Transfer to a large plate.

Heat the remaining oil in the same skillet and then add the carrots,

onions, ginger and garlic. Cook three to four minutes, stirring often, until the vegetables begin to brown.

Return [cauliflower](#) to the pan. Gently stir it into the other vegetables and cook for 1 minute more to heat everything through. Turn off the [heat](#) and stir in the corn, cilantro, soy sauce and hot sauce. Serve immediately or, if making in advance, cool completely and refrigerate in an airtight container.

Yield: 4 servings

More information: The American Heart Association has another great Asian-inspired [cauliflower rice recipe](#) to try that's paired with heart-healthy salmon.

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