 **Cauliflower Rice Bowl**

*Serves 5*

**Ingredients**

*For Rice:*

2 scallions, chopped

1 medium head cauliflower

1 tbsp olive oil

2 garlic cloves, minced

2 tbsp lime juice

¼ cup cilantro (optional)

Salt and pepper to taste

*For Bowl:*

1 cup cauliflower rice

3oz protein of your choice (includes cheese)

¼ cup beans

Veggies

Low-calorie sauce of choice (like salsa or hot sauce)

**Directions**

1. Rinse cauliflower and let dry. Discard steam and roughly chop. Place cauliflower in a food processor and process until it resembles rice. You may want to split this into two batches.
2. Heat oil in large skillet over medium. Add garlic and scallions and sauté 3-4 minutes. Add cauliflower and bring to medium-high heat. Cover and cook for about 5-6 minutes, while stirring frequently. Season with salt and pepper.
3. Remove from heat and toss with juice from limes and chopped cilantro
4. *To cook in the microwave*: Follow step 1. Then place riced cauliflower in a microwave safe bowl. Mix 1 tbsp olive oil, 2 tbsp water, 2 tbsp lime juice and minced garlic in a small bowl. Pour over cauliflower and cover. Microwave for 5-7 minutes. Stir in cilantro and scallions.
5. To assemble bowl: Layer Rice, beans, veggies, and protein. Top with 1tbsp greek yogurt and/or salsa, if desired.

**Nutrition**

*320 cals, 18g C, 28g P, 15g F*

*63 cals, 8g C, 3g P, 3g F (rice only)*