

Recipes makes: 4 servings (1 serving = 1 cup)



### Ingredients:

- ♥ 1 large head of cauliflower
- ♥ 1 drizzle of olive oil
- ♥ Pinch of salt & pepper
- ♥ 1 tsp parsley

### PREPARATION:

1. Preheat oven to 425 degrees Fahrenheit
2. Line a baking sheet with parchment paper
3. Chop the cauliflower head into florets
4. Drizzle a minimal amount of olive oil onto the florets
5. Bake for about 20-25 minutes turning the florets over once
6. When warm, rough chop the florets into small pieces until a rice consistency or run through a food processor until rice consistency
7. Sprinkle with parsley and enjoy!

Nutrition Facts	
Serving Size: 1 cup of rice	
Servings: 4	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>1%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 4g	<b>17%</b>
Sugars 4g	
<b>Protein</b> 4g	
Vitamin A 0%	• Vitamin C 170%
Calcium 4%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

