



Mexican Cauliflower Rice



Cook/Prep time: 25 minutes

Serves: 4

Serving size: 1/2 cup

Ingredients:

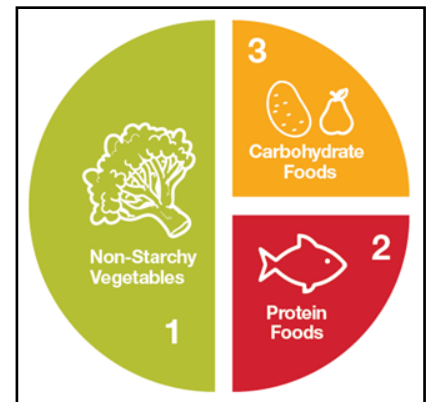
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|-------------------------------------------------------------|-------------------------|
| 4 cups small cauliflower florets | 1/2 teaspoon cumin |
| 3 Tablespoons oil | 1/2 teaspoon salt |
| 1/2 cup onion, chopped | Fresh cilantro, chopped |
| 1 medium jalapeno, finely chopped | for garnish |
| 1/2 cup crushed tomatoes or tomato sauce, no sodium or salt | Limes wedges |



Tested by Eating Well Test Kitchen

Directions:

1. Pulse cauliflower in a food processor until broken down into rice-size pieces or chop into small pieces.
2. Heat oil in a large skillet over medium-high heat.
3. Add onion and jalapeno, cook, stirring until softened and slightly brown, approx. 2-5 minutes.
4. Add the cauliflower, tomatoes, cumin, and salt.
5. Continue cooking, stirring until cauliflower is soft, approx. 4-5 minutes more.
6. Garnish with cilantro, if desired.
7. Serve with lime wedges.



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken.

To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created Diabetes Plate Method is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at [diabetes.org](https://www.diabetes.org) | 1-800-DIABETES (800-342-2383)
[Eating Well](https://www.eatingwell.com) | [ADA \(diabetes.org\)](https://www.ada.org)

Nutrition Facts:

Per serving: 135 calories; total carbohydrate 8g ; dietary fiber 3g ; total sugars 4g ; protein 3g ; total fat 11g ; saturated fat 1g ; vitamin A 164iu ; vitamin C 58mg ; folate 66mcg ; sodium 324mg ; calcium 30mg ; iron; 1mg ; magnesium 19mg ; potassium 400mg

This institution is an equal opportunity employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.