

## Not Really Rice

Serves 4-6 Cook Time 25 minutes

### Ingredients:

**4 Tbsps.** olive oil

**1 head** cauliflower, trimmed and coarsely chopped

**¼ Cup** Low Sodium Chicken Stock

**½ Tsp** Garlic Powder

**½ Tsp** Salt Free Greek Seasoning

**1 medium** onion, diced

**1 Cup** celery, finely diced



### Directions:

1. In a large skillet heat olive oil over medium heat. Add onion and sauté for 10 minutes.
2. Add celery and sauté another 5 minutes. Meanwhile, place cauliflower in a food processor and process until it's the texture of rice.
3. Add chicken stock, garlic powder, salt free Greek seasoning and bring to a simmer
4. Add cauliflower to the skillet, cover and cook for about 10 minutes until its soft. Serve with a sprinkle of parmesan cheese.

Recommended for patients on the Modified Profast (Fast and Flexible) Program, Nutriplus (Balance Your Pyramid) Program or Maintenance Program.

<b>Nutrition Facts</b>	
Serving Size 1 cop (1g)	
Serving Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 104	
	<b>% Daily Values*</b>
<b>Total Fat</b> 5.6g	<b>9%</b>
Saturated Fat 0.8g	<b>4%</b>
Trans Fat 0g	
<b>Sodium</b> 78.3mg	<b>3%</b>
<b>Total Carbohydrate</b> 12.4g	<b>4%</b>
Dietary Fiber 3.9g	<b>16%</b>
Sugars 6.7g	
<b>Protein</b> 3.2g	<b>6%</b>
*Percent Daily Values are based on a 2,000 calorie diet.	



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