

# Cauliflower Fried Rice

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12      Serving size: 1 cup

Ingredients	Quantity	Measure
Cauliflower florets, fresh	6	cups
*Tofu, extra-firm, drained, pressed, and crumbled	1	14 ounce package
Canola Oil	¼	cup
Turmeric	1	tsp.
Garlic, minced	1	Tbsp.
Onion, yellow, small dice	½	cup
Peas and carrots, frozen	1	cup
Edamame, frozen, shelled	2	cups
Zucchini, fresh, julienne	1	cup
Yellow squash, fresh, julienne	1	cup
Broccoli florets, fresh, steamed for 4 minutes	1	cup
Soy sauce, reduced sodium, divided	½	cup

## Preparation

\*Please see separate page for tofu pressing instructions.

1. Put the cauliflower floret in a food processor and process until the texture and size resembles rice. Reserve.
2. Using the back of a fork, crumble tofu into smaller pieces.
3. Heat the oil in a large skillet over medium heat. Cook crumbled tofu with turmeric for 2 minutes.
4. Add garlic and onions and cook over medium-high until tender. Add peas, carrots, edamame, zucchini, yellow squash, broccoli florets, and ¼ cup of the soy sauce.
5. Add the cauliflower to the skillet and continue to cook for 5 minutes, tossing to combine.
6. Add the rest of the soy sauce and cook for 2-3 minutes.

## Serving Information

Serve as a hot or cold entrée with a green salad or fruit salad side dish.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 161 Total Fat: 9g Saturated Fat: 0.9g Monounsaturated Fat: 3.6g Polyunsaturated Fat: 3.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9.9g Fiber: 3.8g Total Sugars: 2.3g Protein: 9.8g Sodium: 389mg Vitamin A: 60µg Vitamin C: 40mg Calcium: 264mg Iron: 2.1mg Folate: 115µg



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