

Cauliflower Fried Rice

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 100 Servings

Ingredients	Weight	Measure
Fresh cauliflower, florets, ready-to-use Or Cauliflower heads trimmed to florets	11 lbs. OR 16 lbs.	OR 3 ⅛ gallons
Garlic, minced		¼ cup + 1 tsp.
Shallot, minced		¾ cup + 1 Tbsp.
Frozen peas and carrots	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup (6 ¼ cups total)
Frozen corn	2 lbs. 4 oz. OR	1 ½ quarts + ¼ cup (6 ¼ cups total)
Fresh zucchini squash, julienne	1 lb. 4 oz. OR	3 ⅛ cups
Fresh yellow squash, julienne	1 lb. OR	3 ⅛ cups
Broccoli, florets, ready-to-use	1 lb.	1 ½ quarts + ¼ cup (6 ¼ cups total)
Sesame Oil or Olive Oil OR Vegetable broth, low sodium		1 ⅔ cups OR 1 ½ cups
Soy Sauce, reduced sodium		1 ⅔ cups
Edamame, cooked, shelled	4 lb. 12 oz.	¾ gallon + ½ cup (12 ½ cups total)

Preparation

1. Put cauliflower florets in a food processor and pulverize until small and the texture resembles rice.
2. In a medium skillet, heat the oil over medium-high heat.
3. Add shallots and garlic sauté for 3-4 minutes; add peas, carrots, corn, zucchini, edamame, yellow squash and broccoli florets and sauté for 3-4 minutes. Then add cauliflower and continue to cook for 5 minutes while tossing vegetables and cauliflower together.
4. Add soy sauce and cook for 2-3 minutes.
5. Taste and season to your liking.

Serving Information

Top with red chili pepper flakes for an added kick.

Nutrition Information *From USDA Nutrient Database

Fried rice with oil

Calories: 91 Total Fat: 5g (49% calories from total fat) Saturated Fat: 1g (10% calories from saturated fat)
 Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9g Fiber- 3g Total
 Sugar-3g Protein: 5g Sodium: 174mg Vitamin A: 48µg RAE Vitamin C: 39mg Calcium: 35mg Iron: 1mg Folate: 113µg

Fried rice with vegetable broth

Calories: 62 Total Fat: 1g (15% calories from total fat) Saturated Fat: 0g (0% calories from saturate fat)

Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 10g Fiber- 3g Total Sugar-3g Protein: 5g Sodium: 198mg Vitamin A: 48µg RAE Vitamin C: 39mg Calcium: 35mg Iron: 1mg Folate: 114µg