

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
Chickpeas, canned, drained and rinsed		2 ½ -#10 cans OR 1 ½ gallons + 1 cup (25 cups total)

Preparation

- Put cauliflower florets in a food processor and pulverize until small and the texture resembles rice.
- In a medium skillet, heat the oil over medium-high heat.
- Add shallots and garlic sauté for 3-4 minutes; add peas, carrots, corn, zucchini, chickpeas, 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.
- Add soy sauce and cook for 2-3 minutes.
- 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: 104 Total Fat: 5g (43% calories from total fat) Saturated Fat: 1g (9% calories from saturated fat)

Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber- 4g

Total Sugar-3g Protein: 5g Sodium: 228mg Vitamin A: 46µg RAE Vitamin C: 38mg Calcium: 37mg Iron: 1mg Folate: 63µg

Fried rice with vegetable broth

Calories: 74 Total Fat: 1g (12% calories from total fat) Saturated Fat: 0g (0% calories from saturated fat)

Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 13g Fiber- 4g Total Sugar-3g Protein: 5g Sodium: 251mg Vitamin A: 46µg RAE Vitamin C: 38mg Calcium: 37mg Iron: 1mg Folate: 64µg