

Cauliflower rice

A low carbohydrate alternative to traditional rice made solely from cauliflower, spices, and herbs. Serves: 4-6

Ingredients

1 head organic cauliflower, chopped
1 tablespoon oil
1/3 cup sweet onion, diced
1 teaspoon black pepper
Additional seasonings as desired (ex. seasoning mixes)

Directions

1. Add chopped cauliflower into a food processor and pulse into tiny, fine cauliflower pieces. This should look like "rice".
2. In a saute pan, coat with 1 Tbs. oil and lightly cook the cauliflower with onion for about 5-7 minutes until softened to your desired texture (about 5-7 minutes).
3. Stir in remaining ingredients while in the pan.
4. Store in refrigerator in an airtight container. Enjoy!

Variations on Cauliflower Rice

Spanish Cauliflower Rice // add 1 Tbs. red pepper flakes + 1/4 cup your favorite salsa + diced tomatoes + jalapenos + fresh cilantro

Curry Cauliflower Rice // add 1 Tbs. curry powder seasoning + fresh grated ginger + red chilies + fresh lime juice

Fried Cauliflower Rice // add scrambled egg + 1 Tbs. sesame seeds + fresh grated ginger + 1 Tbs. low sodium soy sauce

Italian Cauliflower Rice // add 1 Tbs. dried oregano + fresh basil + diced sundried tomatoes + diced red onion

Greek Cauliflower Rice // add 1 Tbs. oregano + 1 Tbs. capers + 1/4 cup diced kalamata olives + 1 Tbs. Dijon mustard + 1 Tbs. apple cider vinegar

Sweet Cauliflower Rice // a dash of cinnamon + dash of honey + vanilla extract/powder (leave out onions in cooking process)

Lemon Cauliflower Rice // juice of 1 lemon + dash of sea salt

Sushi Cauliflower Rice // 1 Tbs. rice vinegar + 1 tsp. honey or sugar + nori/kelp flakes

Herbed Cauliflower Rice // a mix of fresh herbs diced finely such as dill, chives, or basil, oregano, rosemary, etc.

Shrimp and Zoodles with Gauacamole Sauce

Ingredients:

6-8 oz of raw, deveined shrimp with tails off
1 teaspoon fiesta lime Mrs. Dash
½ T plant oil of choice (canola, olive, coconut, avocado oil are some ideas)
2 medium zucchini, spiralized
1 medium carrot, diced
½ medium yellow pepper, diced
½ cup of cherry tomatoes, halved
¼ red onion, diced
½ large avocado, mashed
¼ cup of plain fat-free or low-fat Greek yogurt
2 garlic cloves
1 seeded jalapeno
2 limes, juiced
1 T red wine vinegar

Directions:

1. Mix together spiralized zucchini through red onion until thoroughly mixed, set aside.
2. Mix together mashed avocado through red wine vinegar until thoroughly combined. Add guacamole sauce to the mixed vegetables until thoroughly combined.
3. Heat a large saute pan on medium heat. Add oil until melted, and then add shrimp, spices and cook until the shrimp are opaque, approximately 2 minutes.
4. Divide the zoodle + sauce mixture into two bowls, and top with cooked shrimp. And devour.

Lentil Salad with Tomato and Dill

Ingredients:

- 1 cup dried lentils (preferably small French lentils)
- 1 large garlic clove, chopped
- 1 teaspoon salt, or to taste
- ¾ lb tomatoes, diced (2 cups)
- 4 large scallions, thinly sliced (¾ cup)
- ¼ cup chopped fresh dill
- ¼ cup thinly sliced fresh basil
- 3 tablespoons red-wine vinegar, or to taste

- 1/4 cup extra-virgin olive oil
- 1/4 teaspoon black pepper

Directions:

1. Bring 4 cups water to a boil in a 2-quart heavy saucepan with lentils, garlic, and 1/2 teaspoon salt, then reduce heat and simmer, uncovered, until lentils are just tender, 15 to 25 minutes. Drain in a large sieve and transfer to a large bowl.
2. Toss hot lentils with tomatoes, scallions, dill, basil, vinegar, oil, pepper, and remaining 1/2 teaspoon salt, or to taste.

Salad dressing recipe: Creamy Avocado dressing, serves 4:

Ingredients:

1 ripe avocado, pitted and peeled
1 tablespoon extra-virgin olive oil
2 tablespoons lemon juice
1 teaspoon sherry vinegar
Freshly ground black pepper
1/4 cup Greek yogurt

Directions:

Blend all ingredients together in a food processor or blender.

Grilled Zucchini and Squash

Ingredients:

6 medium yellow squash and/or green zucchini
1/2 teaspoon of black pepper
1 tablespoons of extra-virgin olive oil
2 tablespoons of fresh lemon juice
2 teaspoons of coarse-grain mustard
1/4 teaspoon of honey or maple sugar

Directions:

1. Prepare grill for indirect-heat cooking over medium-hot charcoal (high heat for gas).
2. Cut squash and zucchini, then toss with pepper, and oil in a large bowl.
3. Oil grill rack, then grill vegetables directly over hottest part of the coals, covered only if using a gas grill, turning over once, until grill marks appear, about 6 minutes total. Move vegetables to

area of grill with no coals underneath and grill, covered, until tender, about 4 minutes more. Transfer to a platter.

4. While vegetables are grilling, whisk together lemon juice, mustard, and sugar in a small bowl. Pour dressing evenly over vegetables before serving. Serves 6.

Avocado, Black Bean and Vegetable Salad

Serving size: 1 cup; Makes 7 servings.

Ingredients:

2 cups grape tomatoes, halved
1 bell pepper, seeded and ½-inch diced
2 cups of black beans
½ cup small diced red onion
1 Tablespoon minced jalapeno pepper (seeded- optional)
½ teaspoon freshly grated lime zest
¼ cup freshly squeeze lime juice (~2 limes)
2 Tablespoons of Extra Virgin olive oil
½ teaspoon freshly ground black pepper
½ teaspoon minced garlic
¼ teaspoon ground cayenne pepper
2 ripe small avocados- seeded, peeled and ½ inched diced

Directions:

1. Place the tomatoes, bell pepper, black beans, red onion, jalapeno peppers and lime zest in a large bowl.
2. Whisk together the lime juice, olive oil, black pepper, garlic and cayenne pepper and pour over the vegetables. Toss well.
3. Just before you're ready to serve the salad, fold the avocados into the salad. Serve at room temperature.