

Cashew Chicken with Cauliflower Rice



INGREDIENTS

- 1 Tbsp. olive oil
- 1 medium head cauliflower, cut into florets
- Kosher salt
- ¼ cup sweet chili sauce
- 3 Tbsp. low sodium soy sauce
 - *use gluten free soy sauce
- 1 Tbsp. Sriracha, optional (for spicier sauce)
- 1 clove garlic, minced
- 2 Tbsp. lime juice or rice vinegar
- 1 Tbsp. sesame oil
- 2 red bell peppers, thinly sliced
- 1 large zucchini, sliced into half moons
- 1 lb. boneless skinless chicken breasts, cut into cubes
 - *substitute tofu
- ½ cup cashews

DIRECTIONS

1. Pulse cauliflower in a food processor until florets resemble rice.
2. Heat 1 Tbsp. olive oil over medium heat in a large skillet. Add riced cauliflower and a dash of salt, and cook until softened, about 5 minutes. Transfer to a serving dish and set aside.
3. Whisk together soy sauce, chili sauce, Sriracha, and lime juice (or vinegar). Heat 1 Tbsp. sesame oil over medium heat. Add chicken and cook until chicken is slightly browned with no pink in center, about 10 minutes. Transfer to a plate. Stir-fry garlic, peppers, and zucchini 3-4 minutes. Stir in sauce, cashews, and chicken and cook until heated through. Serve over cauliflower rice.

NUTRITION FACTS *4 servings*

Calories: 337	Total Carbohydrate: 26 g
Fat: 14 g	Dietary fiber: 5 g
Sodium: 489 mg	Protein: 33 g

Looks like Mashed Potatoes



INGREDIENTS

- 1 large head of cauliflower, cut into 1-inch pieces
- 1 large baking potato, peeled and quartered
- 3 cloves garlic, peeled
- 3 Tbsp. unsalted butter
 - (or butter blend – ½ olive oil, ½ butter)
- ¼ cup reduced fat milk
- ⅓ cup grated parmesan
- Salt and pepper to taste

NUTRITION FACTS *4 servings*

Calories: 209	Total Carbohydrate: 27 g
Fat: 10 g	Dietary fiber: 8 g
Sodium: 399 mg	Protein: 8 g

DIRECTIONS

1. Place water, a pinch of salt, and potato in a large pot. Bring to a boil, then add cauliflower and garlic to the water. Boil for about 15 minutes, or until the vegetables are tender (but not falling apart).
2. Drain well in colander. Place cauliflower, potatoes and garlic in a food processor and process until creamy. Add the butter, milk, and most of the cheese. Process until very smooth. Add salt and pepper to taste.
3. Sprinkle with remaining cheese and serve.