



## Cauliflower Fried Rice



1/4th of recipe: 131 calories, 3.5g total fat (0.5g sat fat), 525mg sodium, 15.5g carbs, 3.5g fiber, 8g sugars, 8g protein

Freestyle™ [SmartPoints®](#) value 2\*

[SmartPoints®](#) value 3\*



Tagged: [Recipes for Sides, Starters & Snacks](#), [Meatless Recipes](#), [Four or More Servings](#)

### Ingredients

- 3/4 cup (about 6 large) egg whites or fat-free liquid egg-substitute
- 3 cups frozen stir-fry vegetables
- 1 bag [Green Giant® Riced Cauliflower Medley](#)
- 1 tsp. chopped garlic
- 1 tbsp. sesame oil
- 1/4 cup thick teriyaki marinade or sauce

### Directions

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites/substitute until fully cooked, 3 - 4 minutes, using a spatula to break it up into bite-sized pieces. Transfer to a large bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add stir-fry veggies, Green Giant® Riced Cauliflower Medley, and 1/3 cup water. Cover and cook for 5 minutes, or until thawed.

Add garlic and sesame oil. Cook and stir until hot and well mixed, about 4 minutes.

Add scrambled egg whites and teriyaki sauce. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 4 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.