



Cauliflower Fried Rice for Breakfast



Entire recipe: 289 calories, 12.5g total fat (3g sat. fat), 717mg sodium, 31g carbs, 7g fiber, 13.5g sugars, 15.5g protein

Prep: 10 minutes **Cook:** 15 minutes

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Ingredients

1 slice center-cut bacon or turkey bacon
2 cups roughly chopped cauliflower (or *HG Alternative*)
1/2 cup frozen petite mixed vegetables
1/2 cup chopped onion
1 tsp. sesame oil
1/2 tsp. chopped garlic
1 tbsp. thick teriyaki marinade or sauce
1 large egg
Optional: salt, black pepper, lite/reduced-sodium soy sauce

Directions

Cook bacon until crispy, either in a skillet over medium heat or on a microwave-safe plate in the microwave. (See package for cook time.)

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add frozen veggies and 2 tbsp. water. Cover and cook for 2 minutes, or until thawed.

Add cauliflower rice, onion, sesame oil, and garlic. Cook and stir until veggies have mostly softened, 4 - 5 minutes.

Add teriyaki sauce. Cook and stir until hot and well mixed, about 1 minute.

Transfer to a bowl, and cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium heat. Cook egg per your preference (we like it over medium).

Chop or crumble bacon, and stir into contents of the bowl. Serve egg on top.

MAKES 1 SERVING

HG Alternative: Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

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