



Beefed-Up Cauliflower Fried Rice



1/5th of recipe (about 1 1/2 cups): 267 calories, 8.5g total fat (3g sat. fat), 603mg sodium, 19g carbs, 4g fiber, 9.5g sugars, 27g protein

Prep: 20 minutes **Cook:** 25 minutes

Marinate: 30 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



Ingredients

Beef

1/4 cup orange juice
2 tbsp. seeded and chopped jalapeño pepper (about 1 medium pepper)
2 tbsp. lime juice
1 1/2 tsp. chopped garlic
1 lb. sliced raw lean flank steak, cut into bite-sized pieces
1/4 tsp. salt

Fried Rice

4 cups riced cauliflower or 5 cups roughly chopped cauliflower
3/4 cup (about 6 large) egg whites or fat-free liquid egg substitute
3 cups frozen stir-fry vegetables
1 cup chopped onion
1 tbsp. sesame oil
1 tsp. chopped garlic
1/4 cup thick teriyaki marinade or sauce
Optional topping: chopped scallions

Directions

In a large sealable container (or bag), mix all beef ingredients *except* steak and salt. Add steak, and stir to coat. Cover and let marinate in the fridge for 30 minutes.

Meanwhile, if starting with roughly chopped cauliflower, pulse in a blender until reduced to small rice-like pieces (working in batches).

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

Remove skillet from heat; clean, if needed. Re-spray and bring to medium-high heat. Drain and discard beef marinade, and add steak to the skillet. Sprinkle with salt. Cook and stir for 4 minutes, or until fully cooked. Transfer to the large bowl.

Remove skillet from heat, re-spray, and return to medium-high heat. Add frozen veggies and 1/4 cup water. Cover and cook for 3 minutes, or until thawed. Add riced cauliflower, onion, oil, and garlic. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

Reduce heat to low. Add egg, steak, and teriyaki marinade/sauce. Cook and stir until hot and well mixed, about 2 minutes.

MAKES 5 SERVINGS

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Author: Hungry Girl

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