



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



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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

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