



Cauliflower Fried Rice Breakfast Bowl

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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

More: [Breakfast Recipes](#), [Single Serving](#)



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.

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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