



Cauliflower Fried Rice



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1/5th of recipe (about 1 1/4 cups): 145 calories, 3g total fat (0.5g sat fat), 455mg sodium, 21g carbs, 5.5g fiber, 10g sugars, 8.5g protein

Green Plan [SmartPoints](#)® value 3*

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

Purple Plan [SmartPoints](#)® value 2*

Prep: 15 minutes **Cook:** 20 minutes

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

Ingredients

5 cups roughly chopped cauliflower (about 1 medium head)
3/4 cup egg whites
3 cups frozen stir-fry vegetables
1 cup frozen peas
1 cup chopped onion
1 tsp. chopped garlic
1 tbsp. sesame oil
1/4 cup thick teriyaki marinade or sauce

Directions

Working in batches, pulse cauliflower in a blender until reduced to small rice-like pieces.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites 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 frozen stir-fry veggies, peas, and 1/4 cup water. Cover and cook for 3 minutes, or until thawed. Add cauliflower, onion, garlic, and sesame oil. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

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

MAKES 5 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.