Cauliflower Rice
Makes 6 servings (about 1 cup each)

Equipment:
Knife & chopping board
Food processor
Spatula
Frypan
Medium bowl
Tablespoon measure

Ingredients:
1 cauliflower,
1 tablespoon olive oil
Salt
What to do:

• Cut the cauliflower into quarters, and then trim out the inner core from each quarter.
• Break apart the cauliflower into large pieces (florets) with your hands.
• Chop the core into pieces and add it with the florets.
• Place the cauliflower in a food processor. Don't fill the food processor more than 3/4 full; if necessary, process in two batches.
• Process the cauliflower in 1-second pulses until it has completely broken down into rice-sized granules.
• Pull out any unprocessed pieces and set them aside. Transfer the cauliflower rice to another container and re-process any large pieces.
• Warm a tablespoon of olive oil in a large frypan over medium heat.
• Stir in the processed cauliflower and sprinkle with a little salt. Cover the pan and cook for 5 to 8 minutes, until the rice (cauliflower) is as tender as you like. Serve immediately.