

## Better Thank Takeout Fried Cauliflower "Rice"

By: Angela Coleman

Serves 5-6

4 cups Cauliflower Rice (I buy it frozen from Costco or Trader Joes. You can also make it yourself by pulsing fresh cauliflower in your food processor)

1 cup diced Uncured Nitrate/Nitrite Free Boneless Ham (I like the Beeler's All Natural brand from Natural Grocers) You can also use all natural boneless skinless chicken breast instead.

1 cup frozen broccoli and/or frozen carrots (I use whatever frozen veggies I have on hand)

1 medium white onion chopped

2 cloves garlic minced

2 eggs

3 TBS sesame oil

1/4 – 1/2 cup liquid aminos (I like the Bragg's brand you can get at most natural grocery type stores)

Salt and Pepper to taste

Heat 1 TBS sesame oil in large skillet (I always use cast iron) and add cauliflower rice. Stir and cook for a minute or two until the rice softens. Remove rice to a plate for now. Add remaining oil to skillet and add onion and garlic. Cook until onion starts to soften then add other frozen veggies and stir fry them until they are tender, adding a small amount of extra sesame oil if needed. Move veggies to the side of the skillet and add eggs, being careful not to mix them with the veggies. Scramble the eggs then stir everything together. Add rice back to the pan then add the ham and liquid aminos. Stir fry everything all together until it is heated through. Serve and enjoy!