



Light and Fresh: Lemon Herb Cauliflower Rice

Transform your meals with this bright and delicious Lemon-Garlic Herb Cauliflower Rice!

In this quick and easy recipe, I'll guide you through turning simple steamed cauliflower into a flavorful side dish that's perfect for any occasion. Infused with the tang of lemon, the aromatic depth of garlic, and a blend of fresh herbs, this low-carb dish is not only rich in nutrients but also bursting with taste.

Whether you're searching for a light rice alternative or a tasty addition to your healthy eating routine, this cauliflower rice recipe is sure to impress. Let's get cooking and create this vibrant, nourishing dish together!

Choose organic ingredients whenever possible.

Ingredients

1 Large Cauliflower Head (or 2 small), steamed
1 Lemon, zested and juice
1 tsp fresh Garlic, chopped
1/3 C. Green Onion, chopped
1 TB Parsley, dried
1 TB Thyme, dried
1 TB Extra Virgin Olive Oil
Pinch of salt and pepper to taste

Instructions

- Wash and cut one head of cauliflower. Steam on the stove in 1" water for a minutes. Set aside.
- After the cauliflower is cool (about 10 minutes or so), rice the cauliflower and place it in a large bowl.
- Add remaining ingredients and combine.

My favorite way to eat this dish is warm, but it also makes a great salad served cold.

You can also serve it hot, but if you want a hot dish, be sure to heat it over *low* heat on the stove about 5-7 minutes so as not to zap the nutrition in this dish via the microwave. And if heating on the stove, try not to overheat the olive oil as it can burn and it just doesn't taste great when that happens (hence the low heat)

I honestly think it's best to serve it warm or cold.

Bon Appetit!