

Cauliflower Rice

Prep time:

10 minutes

Cooking time:

8 minutes

Yields:

2-4 servings

Ingredients

1 head cauliflower,
2 tablespoons water
Salt to taste

Instructions

1. **Cut the cauliflower into large pieces:** Cut the head of cauliflower into quarters, then trim out the inner core from each quarter. Break apart the cauliflower into large florets with your hands. If the core is tender, you can chip it into pieces and add it with the florets.
2. **Transfer the cauliflower to a food processor:** Transfer the cauliflower to a food processor. Don't fill the food processor more than 3/4 full; if necessary, process in two batches.
3. **Pulse the cauliflower until completely broken down:** Process the cauliflower in 1-second pulses until it has completely broken down into rice-sized granules.
4. **Pull out any unprocessed pieces:** Some florets or large pieces of cauliflower might remain intact. Pull these out and set them aside. Transfer the cauliflower rice to another container and re-process any large pieces.
5. **Cooking cauliflower rice:** Stir rice, water and salt together in a skillet over medium heat. Cover the skillet and cook for 5 to 8 minutes, until rice is as tender as you like. Serve immediately, or refrigerate for up to a week.