

Cauliflower Rice

Colorful cauliflower rice with a medley of celery, carrots, peppers, and a hint of cilantro that burst with flavor in every bite.

CACFP Crediting Information:

½ cup serving provides ½ cup vegetable (⅛ cup red/orange vegetable, ⅜ cup other vegetable).



Preparation Time: 20 minutes

Cooking Time: 6 minutes

Makes: 6 servings

Ingredients

- ¼ cup (2 oz) celery, fresh, small dice
- ¼ cup (2 oz) onion, yellow, fresh, small dice
- ¼ cup (2 oz) carrots, fresh, small dice
- ¼ cup (2 oz) pepper, bell, red, fresh, small dice
- 3 cups (10 oz) cauliflower, riced, thawed, drained
- 1 ½ tsp olive oil
- ¼ tsp salt
- ¼ tsp granulated garlic
- ½ oz (small pinch) cilantro, minced

NUTRITION INFORMATION

For ½ cup (4 oz spoodle)

NUTRIENTS	AMOUNT
Calories	51
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 g
Sodium	122 mg
Total Carbohydrate	5 mg
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars	N/A
Protein	1 g
Vitamin A	2085 IU
Vitamin C	38 mg
Calcium	18 mg
Iron	0 mg

N/A=no information available

Directions

- 1** Heat large skillet to medium-high heat and spray with a pan-release spray.
- 2** Combine celery, onion, carrots and peppers. Sauté over medium-high heat for 2 minutes. Remove vegetables and set aside for step 4.
- 3** Add oil to skillet.
- 4** Add cauliflower and sauté for 2 minutes.
- 5** Add carrot mixture to the cauliflower. Add salt and granulated garlic, stir well. Continue cooking for 1 minute. Stir in cilantro.
Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 6** Remove from heat and serve.
Critical Control Point: Hold for hot service at 140 °F or higher.
- 7** Serve ½ cup (4 oz spoodle).

NOTES

The food safety temperatures are based on Federal consumer food safety guidance. Some information may be different in your state. Always check with your local regulatory authority (health department) or sponsoring organization (sponsor) for guidance on current food safety requirements in your operation.

Source:

USDA Standardization Recipe Project - 2024