

Trim Healthy  
W I S D O M

## Cauli Rice Hack (FP)

Cauliflower rice is extremely versatile for getting more veggies in and for acting as actual rice in S meals that include fats, but let's be honest... it doesn't taste like rice. Adding TH Nutritional Yeast and the optional TH Baking Blend here helps give a "ricier" texture... plus, it gives it a little more substance and better flavor. No, this does not taste like true rice, but it is closer. You can always sub this recipe for the [Cauli Quick Trick](#)... which uses whole cauliflower florets, as those are a bit easier on the budget than buying cauli-rice itself. Most cauliflower rice bags come in 10-ounce portions. You can buy larger bags than that, but since that is most common, we'll be working with that number here. We recommend you make more than just 10 ounces at a time so just do the math to up the other ingredients. It's a good idea to make a large batch of this rice once a week and then have it in the fridge for quick meals. If it has been a few days and you don't see yourself using the rest of it, put it into single-serve portions in zipper baggies and freeze.

### INGREDIENTS:

- 10 ounces frozen cauliflower rice
- 2 generous pinches [TH Mineral Salt](#)
- 1 Tbs [TH Nutritional Yeast](#)
- 1 Tbs [TH Baking Blend](#) (optional)

### INSTRUCTIONS:

1. Lightly spray a healthy-style, non-stick pan with coconut or olive oil and set it to medium/high heat.
2. Before opening the cauliflower rice packet, try to break up any frozen clumps in the bag. Open the bag, then pour cauliflower rice into the pan. Add other ingredients. Cover with a lid and cook for a minute or so. Take the lid off and stir so the rice does not stick to the pan. Replace the lid and cook for another 5 minutes or so, stirring very frequently, until the rice is tender.

