Riced Cauliflower

Quick · Serves 4

Ken's note: TBD

A standard skillet method.

Ingredients

- 1 medium head cauliflower, or about 4–5 cups riced (fresh or frozen)
- 2 Tbsp olive oil
- 3 garlic cloves, minced
- 1 Tbsp lemon juice
- 2 Tbsp chopped parsley (optional)
- Black pepper
- Salt

Method

1. Cut the cauliflower into florets and pulse in a food processor (in batches, short pulses) until the pieces are the size of rice, or grate on the large holes of a box grater. If it’s wet, blot it dry.
2. Heat the oil in a wide skillet over medium-high heat. Add the garlic for a few seconds, then the cauliflower. Spread it out and cook, uncovered, stirring now and then, until just tender with a few golden spots, 5–6 minutes. (If using frozen, cook it first in a hot dry pan to drive off the water, then add the oil and garlic.) Take it off the heat, add the lemon and parsley, and taste and salt at the end.