

## Cauliflower “Rice”

Bringing Good Food For All

*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created A Pinch of Salt, offering hands-on cooking instruction and recreational classes focusing on the preparation of healthy, gourmet, yet practical meals. Currently, Chef Raquel is working closely with The Council of Churches of Greater Bridgeport (CCGB) providing extensive cooking education at local food pantries and community meal kitchens. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers’ markets and community gardens.*

### Cauliflower “Rice” (Gluten-Free)

Serves 4



#### **Ingredients:**

1 head of cauliflower  
Salt and pepper, to taste

#### **Directions:**

1. Break cauliflower into florets (little trees), place in a food processor or blender and pulse until cauliflower turns into small rice size pieces.
2. In a pan heat 1 tablespoon of olive oil, add cauliflower “rice”, season with salt and pepper and cook for approximately 8 minutes, stirring often. Serve immediately.

### Roasted Cauliflower

Serves 4



#### **Ingredients:**

1 head of cauliflower  
Salt and pepper, to taste

#### **Directions:**

1. Break cauliflower into florets (little trees), place in a food processor or blender and pulse until cauliflower turns into small rice size pieces.
2. In a pan heat 1 tablespoon of olive oil, add cauliflower “rice”, season with salt and pepper and cook for approximately 8 minutes, stirring often. Serve immediately.

#### **Chef Notes:**

#### **Did you know Cauliflower:**

- Rich in vitamins and minerals
- Boast your brain health, vitamin B aids in brain development
- High in fiber

Chef Raquel Rivera-Pablo

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