



Chicken and Fried Cauliflower Rice

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| 4 tablespoons olive oil, divided | 1 small chopped zucchini | 2 tablespoons lower-sodium soy sauce |
| 1 diced red bell pepper | 1 cubed skinless, boneless chicken breast | 1/8 teaspoon ground ginger |
| 1/2 medium diced onion | 1 head of roughly chopped cauliflower | 1/4 cup chopped green onions |
| 2 cups finely chopped carrots | 2 tablespoons minced garlic | Salt and pepper to taste |
| 3 cups chopped cabbage | | 1/2 teaspoon crushed red pepper |

Heat 2 tablespoons of olive oil in a large, lidded skillet or wok over medium-high heat. **Add** bell pepper, onion, and carrots. **Cook**, stirring occasionally, until crisp-tender, about 5 minutes. **Add** cabbage and zucchini to pepper mix. **Cook**, stirring occasionally, about 5 minutes. **Heat** 1/2 tablespoon of olive oil in a second large skillet over medium-high heat. **Add** chicken and cook, turning occasionally, until no longer pink, about 5 minutes. **Transfer** chicken to skillet with vegetable mixture. **Place** cauliflower into a food processor. **Pulse** until the mixture resembles rice. **Heat** 1/2 tablespoon of olive oil in a skillet over

medium-high heat. **Add** garlic and cook about 15 seconds; add cauliflower. **Cook**, stirring occasionally, 2 minutes. **Transfer** to vegetable skillet, and **stir** to combine. In a small bowl, **combine** soy sauce, ginger, 1 tablespoon of olive oil, green onions, salt, pepper, and crushed red pepper. **Add** to cauliflower mixture. **Cook**, stirring until well mixed and heated through.

Yield: 6, 1-cup servings

Nutritional Analysis: 180 calories, 10 g fat, 1.5 g saturated fat, 15 mg cholesterol, 270 mg sodium, 16 g carbohydrate, 5 g fiber, 7 g sugars, 0 added sugars, 8 g protein

Kentucky Cauliflower

SEASON: June, July, September, October and early November.

NUTRITION FACTS: Cauliflower is low in calories, with only 25 calories per half cup serving. It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium, and 100 percent of the recommended amount of vitamin C.

SELECTION: Heads should be creamy white in color, firm, and heavy. Look for tight, unblemished curd and fresh-looking leaves and stalk.

STORAGE: Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep

it dry and do not wash it until you are ready to use. Trim any brownish-colored spots before cooking.

PREPARATION: Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can taste strong, and be mushy and beige in color if cooked too long. Remove green stalks. Rinse and soak the cauliflower head in cold, salted water for 30 minutes. Leave the head whole, or break it into florets. Cook covered in water until tender.

PRESERVING: Freezing: Break florets into pieces about 1 inch across. Rinse then blanch 3 minutes in boiling water. Chill in cold water and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

KENTUCKY CAULIFLOWER

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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