

Spinach & Cauliflower Rice Pilaf



Ingredients

4 cups of cauliflower, riced
3 Tablespoons olive oil
Salt & pepper to taste
2 cups baby spinach leavea chopped
10 basil leaves chopped

Directions

Cut cauliflower into florets and put raw pieces in food processor or blender. Pulse until it looks like rice, Put olive oil and garlic and in a large pan and sauté for appromately 1 minute. Add riced cauliflower and salt and pepper to taste. Mix well and cook for about 5 minutes. Taste cauliflower to see if it is done enough. If so, turn off the heat and add basil and spinach. Toss until wilted.