



This is a method for making "rice" from cauliflower. If you haven't tried it, you must! It tastes very mild. It can be used under a sauce or as the base for a dish. It does not work well as a substitute for rice in casseroles where the function of the rice is to absorb liquid.

Ingredients:

1 medium head of cauliflower

Directions:

1 medium head of cauliflower (grated on the large holes of a cheese grater). Microwave it in a covered dish. **DO NOT ADD WATER.** Cauliflower absorbs water like crazy, and the "granules" will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work. You can change it up with any seasonings you wish.