

Quick and Easy Cauliflower Rice Stir Fry

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-riced-cauliflower-and-tofu-recipe>

Ingredients:

- 4 cups riced cauliflower
- 1 cup carrot julienned
- 1/2 cup peas
- 1 cup broccoli florets
- 1 medium yellow onion diced
- 3 cloves garlic minced
- 1/4 cup tamari sauce
- 1/4 cup water
- 1 1/2 tablespoons maple syrup or honey
- 1 teaspoon red pepper flakes
- 1/2 teaspoon ginger powder
- tofu Marinated, Optional, but great for extra protein!
- 8 ounces extra firm tofu
- 1 tablespoon olive oil
- 1/2 tablespoon tamari sauce
- 1/2 tablespoon hoisin
- 1/2 tablespoon maple syrup or honey
- 1/2 teaspoon red pepper flakes

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 27 grams
3. Fat: 9 grams
4. Fiber: 7 grams
5. Protein: 16 grams
6. SaturatedFat: 1 grams
7. Sodium: 1230 milligrams

8. Sugar: 13 grams

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