

Minty Cauliflower Rice with Pomegranate Seeds and Turmeric

Prep time: 5 minutes

Cooking time: 10 minutes

Yield: 4 servings

Ingredients:

1 12-ounce bag	fresh or frozen organic riced cauliflower
1 tablespoon	organic extra-virgin coconut oil
1	garlic clove, smashed
2 tablespoons	coconut liquid aminos
¼ teaspoon	ground turmeric
1 cup	pomegranate seeds
1 bunch	organic mint, stemmed and chopped
	salt
	freshly ground black pepper

Directions:

Heat the coconut oil in a large skillet over medium-high heat. When the oil is hot enough to swirl freely when the skillet is tilted, add the garlic. As soon as the garlic is fragrant and has softened, about 2 minutes, add the riced cauliflower and cook, stirring frequently, until it is soft or has thawed completely, 5 to 7 minutes.

Add the liquid aminos and turmeric and sauté, stirring frequently, for 5 minutes longer.

Transfer the cauliflower rice to a mixing bowl, add the mint and pomegranate seeds, and toss lightly but thoroughly. Season to taste with salt and pepper.

Transfer to a serving bowl or individual plates and serve immediately.