### Arctic Gardens:

# RICED CAULIFLOWER

Offer **nutritious**, **vegetable-filled recipes**without sacrificing creativity

and flavor.



### COUNTLESS BENEFITS



ARCTIC GARDENS
Riced Cauliflower
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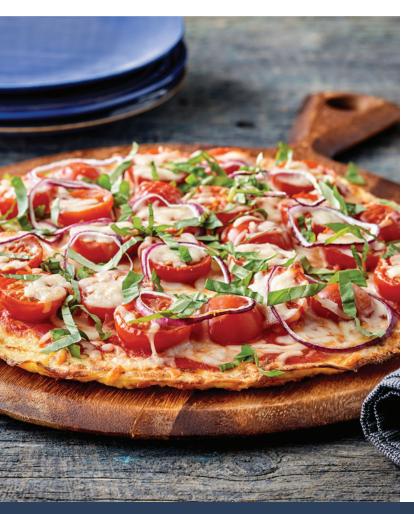
4 x 4.4 lbs

- ▶ Made with 100% cauliflower
- Simple to prepare

Save time in the kitchen: already washed and cut

Versatile

An excellent substitute for rice and ideal in sauces, as a base for pizza dough, tabbouleh, couscous, purées and more







## CAULIFLOWER TABBOULEH



Preparation time: 10 minutes
Cooking time: 15 minutes



Servings: 25 of 1 ½ cups

#### **INGREDIENTS**

1 bag (4.4 lbs)	Arctic Gardens
	Riced cauliflowe

**4 tbsp** Olive oil (for greasing the baking sheets)

**4 tbsp** Freshly chopped garlic

**6 cups** Coarsely chopped curly parsley

% cup Finely chopped fresh mint Chopped green onions

Chopped plum tomatoes

8 cups Chopped plu
½ cup Olive oil
½ cup Lemon juice

**1 tbsp** Salt

**1 tsp** Ground black pepper

#### **DIRECTIONS**

- l. Preheat the oven to 450 °F
- Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
- 3. Bake for 10 minutes and set aside.
  - \* Cooking time may vary depending on the type of appliance used.
- 4. In a large bowl, mix together all ingredients.
- 5. Serve with pita and plain yogurt.

Nutrition F	acts
servings per container Serving size 3.5	oz (100g)
Amount per serving Calories	50
	Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	6%
Potassium 210mg	4%
*The % Daily Value tells you how much a r serving of food contributes to a daily diet.	nutrient in a



### CAULIFLOWER BURGER



Preparation time: **20 minutes**Cooking time: **20 minutes** 



Servings: **20** of ½ cup

#### **INGREDIENTS**

**1 bag** (4.4 lbs) Arctic Gardens Riced cauliflower

**4 tbsp** Olive oil (for greasing the baking sheets)

#### SPICY LIME MAYO

1½ cup Light mayonnaise
⅓ cup Juice of 4 limes
1tsp Zest of 4 limes
2 tbsp Sriracha sauce

**BURGER** 

1½ cups Whole medium eggs (10)

**5 tsp** Chili powder

2½ cups Toasted breadcrumbs

2½ cups Grated cheddar

1½ tsp Salt

 ½ tsp
 Ground black pepper

 20 buns
 Mini hamburger buns or 10 regular hamburger buns

½ cup Olive oil 4 cups Arugula

#### **DIRECTIONS**

- l. Preheat the oven to 450 °F
- Spread the riced cauliflower onto 4 greased baking sheets lined with parchment paper.
- 3. Bake for 10 minutes and set aside.
  - \* Cooking time may vary depending on the type of appliance used. Use olive oil for greasing the baking sheets.
- 4. Mix together all the ingredients for the spicy mayonnaise. Set aside in the fridge.
- Beat eggs with the chili powder.
   Add cauliflower, breadcrumbs and grated cheddar. Make 50 g or 100 g patties.
- 6. Heat a pan to medium and add olive oil.
- 7. Cook the patties 2 to 3 minutes on each side for mini patties and 4 to 5 minutes each side for regular ones.
- 8. Reheat the buns in the oven and garnish patties with spicy lime mayo and arugula.

Nutrition Fa	acts	
servings per container Serving size 3.5 oz (100g)		
Serving size 3.5 c	oz (100g)	
Amount per serving		
	160	
Calories	100	
% Daily Value*		
Total Fat 11g	14%	
Saturated Fat 2.5g	13%	
Trans Fat 0g		
Cholesterol 45mg	15%	
Sodium 300mg	13%	
Total Carbohydrate 11g	4%	
Dietary Fiber 2g	7%	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
Protein 5g		
Vitamin D 0.2mcg	2%	
Calcium 80mg	6%	
Iron 1mg	6%	
Potassium 140mg	2%	
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.		



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