

## Healthy Cauliflower Fried Rice

### Ingredients:

- 20 Ounces Thawed Frozen Cauliflower Rice
- 12 Ounces Thawed Frozen Green Beans
- ½ Cup Thawed Frozen Corn
- 6 Finely Chopped Asparagus Spears
- 2 Tablespoons Soy Sauce
- 1 Teaspoon Garlic Powder
- 2 Tablespoons Olive Oil

### Directions:

**Prep time: 5 minutes**

**Cook time: 20 minutes**

**Serves: 4**

1. Heat olive oil in large sauce pan on medium heat.
2. Add Cauliflower rice, green beans, corn, asparagus spears, and garlic powder.
3. Allow to simmer for 5 minutes.
4. Add soy sauce.
5. Allow to cook on medium heat for 15 minutes.