



Ingredients:

- 1 head of cauliflower
- Kosher salt



© Disney

Take cauliflower and remove all leaves and cut off the stem until it is flush with the rest of the body, by doing so, the cauliflower will be stable on your counter to begin cutting it.

Begin shaving the cauliflower with a very sharp knife, making repetitive motions along the entire body of the cauliflower until little pellets start to fall from it.

These pellets begin to resemble rice.

Add a drizzle of olive oil to a sauté pan and place on medium heat on the stove.

Add your cauliflower rice to the pan and begin to cook until "rice" begins to soften. You can add a splash of warm tap water to the pan too if everything begins to stick. Mix around and everything should begin to soften.

Add salt to taste. You can add a little butter and parmesan cheese to the rice! Your kids will love it!

VOILA! CAULIFLOWER RICE!