

# Cauliflower & Quinoa Fried Rice

*This recipe makes about 12 cups of fried rice*



## Ingredients

1 medium head of cauliflower  
2 medium zucchini  
2 sweet bell peppers  
1 medium- sweet onion  
1 **cup** of uncooked quinoa  
2 **cups** of chicken or vegetable broth  
  
salt and pepper

## Directions:

1. Place the quinoa in a fine-mesh strainer and rinse under cold running water for about 30 seconds
2. In a medium saucepan, bring 2 cups of broth to a boil. Stir in 1 cup of quinoa
3. Reduce heat to low, cover the pot, and let it simmer for 15 minutes until the quinoa absorbs all the liquid.
4. While the quinoa cooks, prepare the cauliflower and use a food processor to rice it
5. Dice the zucchini, bell peppers, and onion
6. In a stock pot, use a little bit of chicken or vegetable broth to saute zucchini, bell peppers, onions
7. Once vegetables are sauteed, add the riced cauliflower and cook until just heated through
8. Add the cooked quinoa and mix well. Add salt and pepper to taste
9. Add parchment paper to your trays
10. Spread your fried rice mixture evenly onto the trays
11. Freeze dry (my cycle time was 22 hours)
12. Store in jars for short-term use or in mylar bags for long-term storage

## Rehydration:

Add 2 cups of freeze-dried fried rice to a bowl, jar, or mylar bag, and add about 1 ½ cups of boiling water. Let sit for at least 10 minutes, stirring several times. Enjoy

**Notes:** This is a great camping recipe. Store in 1 serving portions. Rehydrate in mylar bag. No dishes needed

## Nutritional Value Per 1 cup of cauliflower quinoa fried rice

Calories: 167 Protein: 8 g Fat: 3 g Carbohydrates: 32 g Fiber: 6 g Sugars: 7g