

# MARCH

## HARVEST OF THE MONTH: CAULIFLOWER

### Cauliflower Fried Rice from Chef Carmen Karlsgodt

1/2 large cauliflower  
2 Tbsp olive oil  
1 Tbsp sesame oil  
8 oz shitake mushrooms  
1/2 cup peas and carrots  
1/4 cup coconut aminos  
1/2 tsp minced ginger  
1/2 cup chopped green onions  
**optional:** cilantro, cayenne, or  
sesame seeds to garnish

1) Chop cauliflower finely. You can also use a food processor or blender on "pulse" to chop. Set aside.

2) Add olive and sesame oil, mushrooms, peas and carrots to a frying pan and cook on medium for 3 minutes.

3) Add coconut aminos and ginger until fragrant. Stir and add cauliflower. Cook for 1 minute and then turn off heat.

4) Add green onions and mix well. Garnish, and enjoy!

For more delicious, plant-based recipes  
follow Chef Carmen on Instagram  
[@healthycon gusto!](https://www.instagram.com/healthycon gusto/)



