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Cauliflower Rice Pilaf

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INGREDIENTS

1 head cauliflower, processed in the food processor to rice or bulgur-sized pieces

2 tablespoons olive oil (or oil of your choice)

1 yellow onion, finely chopped

Salt and pepper, to taste

DIRECTIONS

In a frying pan, heat olive oil and sauté onion over medium heat until translucent. Add cauliflower and cook over medium-high heat, stirring occasionally, until edges are just browning and cauliflower is cooked. This takes about 5 minutes! Season to taste and serve as a side dish in place of rice, potatoes or pasta.

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