

## Cauliflower “Fried Rice”

### Ingredients

*Serves 4*

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 small head cauliflower or 3 cups grated or riced cauliflower
- 1 cup frozen mixed vegetables
- 2 large eggs, beaten
- 2 tablespoons reduced sodium tamari or soy sauce
- Salt to taste
- Sliced green onion and/or sesame seeds for garnish



### Directions

1. To “rice” cauliflower, remove the green leaves/stems and wash it. Grate on a box grater, pulse small florets in a food processor, or process florets through the grater attachment in a food processor.
2. Heat oil in a wok or large skillet over medium high heat. Add garlic and cook for 30 seconds, until fragrant. Add cauliflower and mixed vegetables and cook until just tender, stirring occasionally, about 3-5 minutes.
3. Push cauliflower to one side of the pan to create a space and pour in the eggs into the open part of the pan. Stir just the eggs to scramble until fully cooked, then mix into the cauliflower mixture. Gently stir in tamari and salt to taste. Garnish with green onions and sesame seeds and serve warm.

## Soy Garlic Mushrooms

*Serves 4*

### Ingredients

- 1 pound mushrooms, sliced
- 1 tablespoon olive oil
- 1 tablespoon minced garlic
- 1 tablespoon reduced sodium tamari or soy sauce

### Directions

1. Heat oil in a skillet over medium heat. Add garlic and sauté until fragrant, about 30 seconds.
2. Turn heat to high and add mushrooms and cook 3-4 minutes, stirring occasionally, until mushrooms start to brown. Remove pan from heat and stir in tamari.



### Tips

*You can substitute a little salt for the tamari.*

*Serve as a side dish or add to an entrée, such as pasta.*

## German Cucumber Salad



**Serves 4**

### Ingredients

- 1 English cucumber, about 1 pound, about 3 cups thinly sliced
- ¼ cup yellow onion, thinly sliced
- 1/3 cup fresh dill, chopped
- 2 tablespoons white vinegar
- 2 tablespoons extra virgin olive oil
- ½ teaspoon sugar
- ¼ teaspoon salt

### Directions

1. In a medium bowl, combine vinegar, olive oil, sugar and salt. Add cucumber, onion, and dill. Stir well to combine.
2. For best results, cover and refrigerate for at least one hour before serving to allow flavors to develop.

## Ranch Roasted Baby Carrots

### Ingredients

**Serves 4**

- 1 pound baby carrots
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried dill or 2 tablespoons fresh dill
- ½ teaspoon salt
- ¼ teaspoon black pepper

### Directions

1. Preheat oven to 400°F.
2. In a small bowl, combine garlic powder, onion powder, dried dill (or 1 tablespoon fresh dill), salt and pepper.
3. Pat carrots dry with a towel. Toss carrots with olive oil and seasoning mixture. Spread in a single layer on a baking sheet.
4. Bake for 20-30 minutes, stirring halfway. Remove from oven when tender and caramelized.
5. Garnish with remaining fresh dill if using.

### Tip

*This recipe can also be made with whole carrots, but they will take about 40-60 minutes to roast. Cover with foil for the first half to reduce cooking time.*



### Time-Saving Tips

*To save time, make a bigger batch of Ranch seasoning and store in an airtight container, using about 2 teaspoons of the mixture each time you make this recipe. Use the seasoning on other roasted vegetables or even roasted chickpeas.*

*For an even quicker roasted carrot recipe, simply season with olive oil, salt and pepper.*