

CAULIFLOWER RICE VEGETABLE STIR FRY

Recipe by Chef Louise Noel

INGREDIENTS

1/4 cup olive oil

1 onion, chopped

2 tablespoons fresh thyme or rosemary, chopped

1 head cauliflower, grated

2 medium zucchinis, small dice

1 cup corn kernels fresh or frozen (optional)

1 cup frozen carrot and peas, thawed

1/2 cup bell pepper, small dice

1 teaspoon garlic powder, turmeric powder, onion powder

1/4 cup nutritional yeast

1 tablespoon toasted sesame seeds or sunflower seeds

Salt and black pepper to taste

DIRECTIONS

1. In a large skillet, heat olive oil over medium heat.
2. Sauté the onion and thyme for 2 minutes or until fragrant.
3. Stir in all veggies and seasonings.
4. Cook and stir for 5-10 minutes or until tender.
5. Add the nutritional yeast, keep stirring to combine and until any liquids have evaporated.
6. Remove from heat and sprinkle on the seeds.

