

## **Cauliflower Couscous**

Riced Cauliflower has been a popular grain substitute — however, true rice lovers might find the texture lacking. Recently, while tasting George Brown College culinary team recipes, we sampled a variation that really hit the mark. Samantha Jimenez and Tisha Riman used a more finely blended cauliflower, and the result was magic. Their Cauliflower Couscous has just the right texture to mimic the light fluffiness of couscous without all the processed carbs.

Preparation Time: 5 minutes

Total Time: 10 minutes

Makes 4 servings (4 to 5 cups)

### **Ingredients**

1 medium (1 to 1 1/2 pound) cauliflower, cut into large chunks

1 teaspoon olive oil

1 clove garlic, or more to taste, minced

1/4 teaspoon salt

1/4 teaspoon ground black pepper

2 tablespoons water

### **Instructions**

First, place the cauliflower in a food processor and pulse until broken down to the texture of couscous.

Next, heat the olive oil in a large skillet over medium heat. Then add the cauliflower, garlic, salt, pepper, and water. Cook, stirring, for 3 to 4 minutes, or until cauliflower is just tender without being mushy.

Serve warm as a side dish or beneath Moroccan Chicken Stew with Apricots.