

GROUND TURKEY CAULIFLOWER RICE RECIPE



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive oil	1 tsp.	Oregano	½ tsp.
Lean Ground Turkey	1lb	Cumin	1 tsp.
Freshly Minced Garlic	2 cloves	Smoked paprika	½ tsp.
Red Onion Diced	1	Salt & pepper	To Taste
Bell pepper Diced	1	Cauliflower	1
Cherry Tomatoes Diced	5		



PREPARATION

- Heat olive oil in a large skillet over medium-high heat. Add chopped red onion and minced garlic and sauté until fragrant and softened about 3-4 minutes.
- Add lean ground turkey to the skillet and cook until browned, breaking up any large pieces as it cooks.
- Cut the cauliflower into florets and place them in a food processor. Pulse until the cauliflower is finely chopped, resembling rice.
- Add cauliflower rice to the skillet and continue cooking for 5-7 minutes until it starts to soften.
- Add diced cherry tomatoes, dried oregano, bell pepper flakes, cumin, lime zest, smoked paprika, chili flakes, and salt and pepper to taste, and stir well. Bring to a simmer and cook for 5-7 minutes until the cauliflower is cooked through.
- Serve hot, garnished with fresh parsley if desired.