

Cauliflower-Ginger Fried Rice

I used to love ordering fried rice when I'd get takeout, and I missed it once I went lectin-free. This fragrant dish, scented with ginger, garlic, and onion, offers the same flavors as your favorite takeout, but is a lot better for you, and keeps your gut happy. It also reheats well, so consider making a double batch if you want leftovers.

SERVES 6 TO 8

- 2½ tablespoons sesame oil
- 1 medium yellow onion, diced
- 1 1-inch piece ginger root, peeled and minced
- 2 cloves garlic, minced
- 8 to 12 dried shiitake mushrooms, reconstituted in hot water and cut into thin strips
- 4 ounces water chestnuts, roughly chopped
- 4 celery stalks, thinly sliced
- 32 ounces cauliflower rice (approximately 4 cups)
- 1 tablespoon coconut aminos
- ¼ teaspoon powdered mustard
- ¼ teaspoon cayenne pepper (optional)
- 2 omega-3 or pastured eggs or VeganEggs, whisked (optional)

1. Heat the sesame oil in a large skillet or wok over medium-high heat.
2. Add the onion and ginger, and cook for 3 to 4 minutes, until the onions are translucent. Add the garlic and mushrooms, and cook an additional 2 to 3 minutes, until garlic is fragrant.
3. Add the water chestnuts and celery, and cook until vegetables soften (3 to 4 minutes).
4. Increase heat to high and add in the cauliflower rice. Cook for 3 to 4 more minutes, stirring frequently to ensure it doesn't burn.
5. Add 1 tablespoon of the coconut aminos, then add the mustard powder and cayenne, if using.
6. Continue cooking on high heat, stirring frequently, until the cauliflower is tender but not mushy.
7. If using eggs, make a well in the cauliflower rice and pour in the whisked eggs. Once they start to cook, stir them into the cauliflower rice. When the eggs have set, remove from heat and serve.