



CHEAT SHEET

Veg “Rice” Options (All-Veg, Grain-Free, Low-Cal, Low-Carb)

White rice is essentially filler for the belly. It’s pretty much all starch that converts very quickly into sugar in your bloodstream, with very little nutritional value. It has no place in a clean diet. While whole grain rice has more fiber and nutrients than its refined counterpart, unless you need a dense carb and can handle the inflammatory factor, it’s still not a great option. Try these two tasty and extremely low-calorie substitutes to lighten up your plate.

Cauliflower “Rice” (raw or cooked)

To use this as part of a cooked dish, chop a head of raw cauliflower into medium florets, then transfer the florets to a food processor and pulse it several times to “rice” it. (You can also grate the florets by hand with a box grater, but it will take much longer.) Then add it right into your recipe, such as jambalaya or chicken and rice soup. It will not absorb liquids as well as rice, so if you’re substituting it for rice in a very wet dish like a casserole, then reduce the liquids by about $\frac{1}{4}$. Also, unlike true rice, riced cauliflower will get tender very quickly – it only needs about 3-5 minutes of simmering time in a liquid and slightly longer to sauté in oil or pastured butter.

To use it under dense dishes like Beef Wellington or a hot sauce, you can serve it raw for a crunchier texture. Or if you prefer a more tender texture or want to serve it alone as a side, steam the florets for about 2 minutes before ricing in the food processor.

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Healthier Food in Less Time



Jicama “Rice” (raw)

Grated raw jicama makes an excellent rice substitute for raw dishes. It is especially delicious in sushi because of its sweetness. Jicama is a juicy, slightly sweet root veggie. It’s like a cross between a white potato and an apple with a tough, tan-colored skin. Look for it near the potatoes in the supermarket.

One cup of sliced jicama only has about 46 calories. It’s got 11 grams of carbs, but 6 are fiber and only 2 are sugars. It’s even got a gram of protein. You can peel it with a sharp vegetable peeler or a knife. Coarsely chop it and pulse several times in a food processor to “rice” it. It’s very juicy, so you’ll need to roll it up in clean dish towels or paper towels and press or squeeze a few times to remove the extra moisture. (If you have a nut milk bag, put the riced jicama in that and squeeze the heck out of it.)

Once the excess moisture is removed, toss it right into your raw recipe.

