

RECIPE OF THE WEEK: PALEO EDITION

Curry Fried “Rice”

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Ingredients:

2 cups steamed, chopped cauliflower
1 cup diced fresh pineapple
2 Tbsp blanched, slivered almonds
3-4 scallions, green and white chopped
2 tsp canola oil
1 tsp ground curry powder
salt and pepper

Instructions:

1. Heat non-stick pan to medium-high, spray with Pam spray, and sautee pineapple until lightly brown in some spots. Take out of the pan and set aside.
2. Heat ½ teaspoon of the oil in the same pan, then sauté almond slivers until lightly browned. Remove from pan and set aside.
3. When you're ready to eat, head the remaining 1 ½ tsp oil in the same pan. Add cauliflower and stir-fry 2-3 mins, until heated through. Add chopped scallions, curry powder, salt and pepper, pineapple, and almonds. Fry until heated through.

Makes 2 servings

Compliments of Melissa Jouliwan of theclothesmakethegirl.com

