



COOKING FOR WELLNESS

CANCER SUPPORT
COMMUNITY
CENTRAL OHIO
CancerSupportOhio.org

GIANT EAGLE
MARKET DISTRICT

CUBAN CAULIFLOWER RICE BOWL

Yields: 4 Servings

INGREDIENTS

1 medium sweet potato, peeled if desired, sliced
¼ inch thick
2 tsp extra-virgin olive oil plus 2 Tbsp, divided
2 pinches salt plus ½ teaspoon, divided
½ teaspoon ground pepper, divided
¼ cup orange juice
2 Tbsp lime juice
½ cup chopped fresh cilantro, divided
3 cloves garlic, minced, divided
½ teaspoon ground cumin
½ teaspoon dried oregano
5 cups cauliflower florets
1 (15 oz) can black beans, rinsed
1 firm ripe avocado, sliced
½ cup pico de gallo

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Toss sweet potato in a medium bowl with 2 tsp oil, a pinch of salt and ¼ tsp pepper. Transfer to a baking sheet. Roast until tender, 10 to 14 minutes.
3. Meanwhile, combine orange juice, lime juice, ¼ cup cilantro, 1 minced garlic clove, cumin, oregano and a pinch of salt in a small bowl.

continued other side

INSTRUCTIONS, *continued*

4. Pulse cauliflower florets in two batches in a food processor until chopped into rice-size pieces. Heat the remaining 2 Tbsp oil in a large skillet over medium heat. Add the remaining 2 garlic cloves and cook until fragrant, about 30 seconds. Add the cauliflower rice, the remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ tsp pepper; cook, stirring, until softened, 3 to 5 minutes. Remove from heat and stir in the remaining $\frac{1}{4}$ cup cilantro.
5. To serve, divide the cauliflower among 4 bowls. Top with the sweet potato, black beans, avocado and pico de gallo. Drizzle each with the mojo sauce.