



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors;
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Guest Chef for May 28, 2015:

***Friends of the Rochester Public Market's
Margaret O'Neill***

RECIPE: MARKET CAULIFLOWER FRIED RICE

For a healthy twist on an old favorite, try swapping crunchy, tasty fresh cauliflower for rice. You can find cauliflower rice in the store, but it's super easy to make at home. Simply pulse cauliflower florets for a few seconds in a food processor until they resemble small rice-like pieces – or grate with a box grater. These little nuggets can then be added raw to salads for a delicious crunch, or stir fried for a few minutes in a rice-like dish.

This simple recipe adds a few fresh veggies you are likely have on hand, to make delicious fried rice. Feel free to add other veggies that are in season.

And this recipe is as good for you as it looks! This delicious cruciferous vegetable is a powerhouse of nutrients. Just a cup of raw cauliflower provides 85% of your vitamin C needs for the day, plus it's a good source of potassium and fiber.

1 medium head cauliflower (cut into florets)	1 tablespoon sesame oil
1 small onion, finely chopped	¼ cup soy sauce
½ cup peas, fresh or frozen	1 tablespoon brown sugar
½ cup carrots, finely cubed	1/8 teaspoon ground ginger
2 eggs, beaten	2 tablespoon green onion, chopped

1. Place cauliflower florets in a food processor; pulse until they resemble rice. Set aside.
2. Heat a large wok or skillet, drizzle with sesame oil. Add onion, peas and carrots; sauté until tender, about 2 minutes.
3. In a small bowl, whisk soy sauce, brown sugar and ginger; set aside
4. Slide veggie mixture to one side of skillet and add the beaten eggs, scrambling until cooked through; then incorporate with the veggies.
5. Stir in the cauliflower “rice” and pour the soy sauce mixture over the top, mixing well. Cook for 3 – 4 minutes until cauliflower is just tender. Top with green onions and serve.

Sponsorship of Margaret O’Neill’s samplings at the Market provided by Summit Federal Credit Union.