



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

### CHICKEN FRIED "RICE"



- 1 lb boneless, skinless chicken thighs (cut into small cubes)
- 1 medium head of cauliflower (grated on the large holes of a cheese grater)
- 4 garlic cloves (minced)
- 1 thumb size piece of ginger (minced)
- 2 eggs
- 1 tbsp chili garlic sauce
- 4 tsp soy sauce
- 1/2 lemon or lime (juice from)
- 1 cup sliced mushroom
- 1/2 cup celery (chopped)

- 1/2 bunch green onion (chopped or sliced)
- Small handful cilantro (chopped)
- Pinch of sea salt
- Black pepper to taste

In a large wok or frying pan, heat 1 tbsp olive oil or grape seed oil on high heat until smoking. Brown the chicken in two batches and set aside. In the same wok or pan on high heat, add 1 tbsp olive oil or grape seed oil and brown the mushrooms and celery. Set aside. In the same pan, add 1 tsp olive oil or grape seed oil, add the ginger and garlic. Once lightly browned, add the cauliflower and sauté for 2 minutes. Add the chicken, mushroom, celery and their juices back to the pan. Add chili garlic sauce, soy sauce, salt and pepper. Taste for seasoning. If additional seasoning is not needed, crack in the eggs and cook for an additional 2 minutes. Add cilantro, green onion and the juice from the lemon or lime. (Serves 4.) ENJOY!

### "RICE"

This is a method for making "rice" from cauliflower. If you haven't tried it, you must! It tastes very mild. It can be used under a sauce or as the base for a dish such as the above fried "rice" recipe. It does not work well as a substitute for rice in casseroles where the function of the rice is to absorb liquid.

- 1 medium head of cauliflower (grated on the large holes of a cheese grater)

Cook on low to medium heat until soft. DO NOT ADD WATER. Cauliflower absorbs water like crazy, and the "granules" will become gummy. To keep it fluffy, just let the moisture in the cauliflower do its work.

Once cooked, you can top it with Bragg's Nutritional Yeast and serve as a side dish. ENJOY!



### TO KEEP IN MIND:

**CAULIFLOWER IS 4.4 GRAMS OF CARBS PER 6 CAULIFLOWER PIECES**

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