

Fiesta Black Beans and Cauliflower Rice

A delicious, nutritious side dish to enjoy with fish tacos!



Prep Time: 10 minutes

INGREDIENTS

Yield: 12 servings

- 1 large head cauliflower (3 rounded cups riced)
- 2 tablespoons olive oil
- 4 cloves fresh garlic (minced)
- 1 medium fresh red or sweet onion (finely chopped)
- 1 large fresh red bell pepper (diced)
- 1 (4 ounce) can chopped green chilies, drained
- 1 (14.5 ounce) can black beans, rinsed and well drained
- 1/2 cup chopped cilantro
- Sea salt and black pepper (to taste)
- 1 teaspoon ground cumin
- 1/4 teaspoon ground cayenne pepper (more or less to taste)

Cook time: 20 minutes

PREPARATION

- Rinse and drain black beans.
- Cut cauliflower into florets and remove the thick core. Pulse in small batches in food processor to make “rice” consistency. Empty into large bowl and repeat. If there are uncut pieces of the core, remove them and discard. A box grater can be used as an alternative to a food processor. You will need about 3 full rounded cups of cauliflower “rice.” Set aside.
- Begin warming olive oil in medium/large skillet over medium heat. Add onion to olive oil and sauté until translucent.
- Add garlic, bell pepper, cumin, cayenne pepper, salt and black pepper to onion, stirring occasionally, and continue sautéing 2-3 minutes.
- Add chopped green chilis and stir.
- Add cauliflower rice to pan. Continue cooking approximately 5-7 minutes (until cauliflower is soft but not mushy) stirring about halfway through. Add black beans and cook additional 2 minutes (enough to warm and gently soften beans).
- Serve and sprinkle with chopped cilantro to taste.

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