

Low-Glycemic Spanish-Style Cauliflower Rice

A vibrant, blood sugar-friendly side dish that delivers authentic Spanish flavors without the glucose spike. Ready in just 15 minutes with nutrient-dense vegetables.

Prep: 5 min

Cook: 10 min

Total: 15 min

Servings: 4

GL 3.3 / GI 30

Ingredients

Healthy fat source; use olive oil for dairy-free option ghee (or grass-fed butter or olive oil)

Low GI vegetable; contains prebiotic fiber yellow onion, chopped

May support healthy blood sugar metabolism garlic cloves, minced

Extremely low GI; high in fiber and nutrients cauliflower rice (fresh or frozen)

Moderate GI when raw; fiber helps slow absorption shredded carrot

Low GI; concentrated source of lycopene tomato paste

For proper consistency filtered water

May support insulin sensitivity ground cumin

Antioxidant-rich herb dried oregano

To taste; enhances flavors sea salt

Optional; adds fresh flavor and vitamin C fresh cilantro and lime wedges for garnish

Instructions

Step 1

Heat one tablespoon of ghee in a large skillet over medium-low heat. Add the chopped onion and cook gently for about 3 minutes, stirring occasionally, until the onion becomes translucent and softened but not browned.

Step 2

Add the minced garlic to the softened onions and stir continuously for 30 seconds until fragrant. Be careful not to let the garlic burn, as this can create a bitter flavor.

Step 3

Add the remaining tablespoon of ghee to the pan, then immediately add the cauliflower rice. Stir well to coat all the cauliflower pieces with the fat and aromatics, ensuring even distribution throughout the pan.

Step 4

Fold in the shredded carrots and continue cooking for 2-3 minutes, stirring occasionally to allow the vegetables to begin softening and melding together.

Step 5

In a small bowl, mix the tomato paste with the filtered water to create a smooth paste. Add this mixture to the pan along with the cumin, oregano, smoked paprika, and sea salt. Stir thoroughly to ensure the tomato paste and spices coat all the vegetables evenly with no clumps remaining.

Step 6

Reduce the heat to low, cover the pan if desired, and allow the cauliflower rice to cook for an additional 4-5 minutes until all vegetables are tender but not mushy. Taste and adjust the seasoning with additional salt, cumin, oregano, or smoked paprika as needed.

Step 7

Remove from heat and transfer to a serving dish. Garnish with freshly chopped cilantro and serve with lime or lemon wedges on the side for guests to squeeze over their portions. Serve immediately while hot as a side dish to your favorite protein.

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