

LOW CARB STIR FRY

Rice

INGREDIENTS

1 FROZEN BAG CAULIFLOWER RICE
1 FROZEN BAG PEAS AND CARROTS
2-3 CUPS EGG WHITES
[OPTIONAL] GRILLED CHICKEN
SEASONINGS TO TASTE

INTRODUCTIONS

SPRAY NON STICK SPRAY IN A LARGE PAN. ADD IN BAG OF CAULIFLOWER RICE AND BAG OF PEAS AND CARROTS.

ADD SEASONINGS TO TASTE. COOK UNTIL VEGETABLES ARE SLIGHTLY CRISPY. ADD IN THE EGG WHITES AND COOK UNTIL FIRM.
ADD TOPPINGS OF CHOICE.