



Riced Beets, Butternut Squash and Cauliflower

INGREDIENTS

½ package (5 oz) Riced Beets AND ½ package (5 oz) Riced Butternut Squash	
1 package (10 oz) Riced Cauliflower	
1 Tablespoon butter	1 Small onion, peeled and small diced
½ teaspoon garlic powder	1 teaspoon cumin
Dash of salt	2 tablespoons maple syrup
1 apple; diced	1 Tablespoon chopped parsley

DIRECTIONS

Do not thaw frozen riced veggies. Heat oven to 300 degrees. Line a baking sheet with parchment paper. Spread the frozen riced beets, squash and cauliflower evenly on the baking sheet so there are no lumps or bumps. Bake for 30 minutes to dry out the cauliflower. Set aside.

Add the butter and diced onion to a large skillet. Saute over medium low heat for a few minutes, until the onions become translucent. Add the apple, garlic, cumin and salt and continue sauteing for a few more minutes, then turn off heat. Fold in riced butternut squash, cauliflower and beets. Drizzle on the 2 tablespoons of maple syrup. Sprinkle parsley and serve. Makes 6 servings; 75 calories each.