

Rice & Pasta Substitutions (Cheat Sheet)

Purpose

Help people choose the *right* base for bowls, casseroles, and comfort foods.

Rice & Pasta Substitutions

Rice Alternatives

Replacing	Try	Best for
White rice	Cauliflower rice	Stir-fries, fried rice
White rice	Hearts of palm rice	Bowls, pilaf
White rice	Shirataki rice	Saucy dishes
Rice bowls	Cabbage rice	Asian-style bowls

Pasta Alternatives

Replacing	Try	Best for
Spaghetti	Zucchini noodles	Light sauces
Spaghetti	Hearts of palm noodles	Marinara, Alfredo
Pasta	Shirataki noodles	Heavy sauces
Lasagna	Zucchini slices	Baked dishes
Macaroni	Cauliflower pasta	Casseroles

Prep Tips

- Sauté vegetable bases to remove moisture
 - Rinse and dry shirataki thoroughly
 - Heavier sauces hide texture differences best
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Best for: Meal prep, comfort food swaps

Watch for: Excess moisture and overcooking