



Tabouli Grain-Free

This classic Middle Eastern salad gets a grain-free upgrade with the all too versatile cauliflower. By swapping out the traditional bulgar wheat for tiny rice-like pieces of cauliflower, this dish becomes a delicious, low calorie, gluten-free Mediterranean inspired salad.

1 bunch curly parsley, chopped
4-5 green onions, sliced thin
1 jalapeño pepper, seeded and minced
7-8 Compari tomatoes, chopped
7-8 peppermint leaves, minced
10 cauliflower florets, use food processor and pulse to the size of grain/rice
Juice of 2 lemons
1 T ground cumin
1/3 cup extra Virgin olive oil
Himalayan sea salt and fresh ground pepper to taste

Method

Toss all ingredients in a large bowl. Adjust seasoning to your liking.
Chill for 20 minutes. Voila!

Serve with romaine lettuce leaves or fresh grape leaves.