

GRAIN-FREE CAULIFLOWER TABBOULEH



INGREDIENTS

- 1 large head cauliflower
- 1 cup fresh parsley leaves, minced
- ½ cup sundried tomatoes, minced
- ⅓ cup capers, minced
- 1 TBSP pressed garlic
- 2 TBSP plus 1 tsp lemon juice, plus more for seasoning
- ¼ tsp ground cumin
- ¼ tsp sea salt, plus more for seasoning
- ¼ tsp black pepper, plus more for seasoning
- ¼ cup extra virgin olive oil
- ½ cup fresh mint leaves, minced
- ⅓ cup minced green onions
- ½ cup Castelvetrano olives, pitted and minced (optional)

Source: Dr Hyman Food: What the Heck Should I Cook?: More than 100 Delicious Recipes--Pegan, Vegan, Paleo, Gluten-free, Dairy-free, and More--For Lifelong Health

DIRECTIONS

To rice the cauliflower, remove the outer green leaves and most of the stem and chop the remaining cauliflower into medium chunks. Pulse in a food processor until the cauliflower resembles fine grains. Alternatively, you can grate the cauliflower on the large holes of a box grater. Blend the parsley, sun-dried tomatoes, capers, garlic, lemon juice, cumin, salt, and pepper in a small food processor until combined into a chunky paste. Add the parsley mixture to the riced cauliflower and stir well. Add olive oil, mint, green onions, and olive (if using) and toss together. Add more lemon, salt, or pepper to taste.

***Serves 4