



CAULIRICE TABBOULEH

Entire Recipe is aprox 6 cups of vegetables
From: Wholesomelicious.com

Ingredients

- 4 cups raw cauliflower rice (not from frozen)
- 3 Tbsp olive oil
- 1 cup fresh parsley leaves, chopped
- ½ cup packed fresh mint leaves, chopped
- 3 green onions, thinly sliced
- 1 cup cherry or grape tomatoes, quartered
- 1 medium cucumber, chopped
- 1 Tbsp finely grated lemon zest
- 1 ½ tsp tumeric
- 1 ½ tsp fine sea salt
- ¼ tsp pepper

Directions

In a large bowl combine all ingredients and mix well. This stores well for leftovers.

Notes

Options

- most grocery stores now sell the cauliflower rice fresh, but you can always make your own by putting a head of cauliflower through a food processor
- this is great served as a side salad or you can serve with some cucumbers, celery or peppers
- option is to add in olives