

# Mark's Kitchen

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## Cauliflower Tabbouleh

**Serves:** 4

**Ready in:** 30 minutes

We've put a twist on a classic dish and made it grain-free. Cauliflower tabbouleh is great as a side or served on top of a bed of greens. I hope you enjoy this upgraded version of the perfect summertime salad.

### Ingredients:

- 2 lb head of cauliflower
- 1 cup chopped cucumber
- 6-8 cherry tomatoes, quartered
- 1 bunch flat leaf parsley
- 1/4 cup freshly chopped cilantro
- 1 tablespoon freshly chopped basil
- 2 garlic cloves, minced
- Zest and juice of 1 lemon
- 1/4 cup + 2 tablespoons extra virgin olive oil
- 1.5 teaspoon sea salt

**Step 1:** Cut the cauliflower in half, remove the core, then cut into small florets.

**Step 2:** In small batches, process the cauliflower in a food processor until small and uniform in size. Transfer over to a large mixing bowl, then continue until all the cauliflower is processed.

**Step 3:** Stir in the cucumbers, tomatoes, and chopped herbs.

**Step 4:** Toss in the garlic, lemon, and olive, stir to combine, then season to taste with sea salt.

**Nutritional Analysis per serving:** Calories 247 • Total Fat 21.5 g • Fiber 6.1 g, Protein 4.9 g • Carbohydrates 14.3 g • Sodium 67.3 mg