

Cauliflower 'Rice' Salad with Lemon Tahini Dressing

In a large skillet, over medium heat, sauté the garlic and onion in oil for a couple minutes being careful not to burn.

Add chopped red pepper and shredded cauliflower 'rice' and sauté for an 7-8 min. Add the chopped kale or spinach and saute for an additional few minutes, or until greens are tender. Stir in the entire batch of lemon tahini dressing (recipe below) and allow to simmer for a few minutes. Remove from heat and stir in minced parsley. Season with salt and pepper to taste. Enjoy a warm dish immediately, and chilled leftovers tomorrow!

Tahini-Lemon Dressing

Process all ingredients together in food processor or blender. I used my Nutrabullet:)

Dressing recipe is courtesy of ohsheglows.com

Today I am enjoying a nutrient packed salad that can be served warm right out of the skillet or chilled for lunch tomorrow. Substituting shredded cauliflower for traditional grains boosts the antioxidant power of this salad. Finish with a lemon-tahini dressing for a fresh taste reminiscent of spring!