

Cauliflower Tabbouleh

Grate cauliflower with the coarse grater disk on a food processor or the largest holes on a box grater until rice-like in texture is achieved. Transfer to a large, microwave-safe bowl and toss with 1 Tbsp. oil and 1/4 tsp. salt. Cover and microwave on high 3 minutes. Spread cauliflower "rice" on a rimmed baking sheet to cool. This cauliflower "rice" can be made up to 3 days ahead. Keep refrigerated in a resealable container. Or purchase pre-"riced" cauliflower in the prepared produce or frozen section of your favorite market.

Wipe out food processor, if necessary, and fit with chopping blade. Pulse parsley, mint, scallions, garlic, lemon zest, lemon juice, 3/4 tsp. salt, and remaining 1/4 cup oil until herbs are coarsely chopped. Transfer to a large bowl and stir in red pepper flakes. Add cauliflower, cucumber, and tomatoes and gently toss to coat. Season with additional salt, if necessary.

Enjoy!!!

For a light and fit twist on a Middle Eastern classic, try this delicious cauliflower tabbouleh from epicurious.com Grain-free, gluten-free and packed with a healthy serving of veggies, this tabbouleh is best served along side grilled meats or tossed in leafy greens.