

TODAY'S TASTE:

Summer Cauliflower Tabouli



Even though the end of summer is near, my garden is bursting with produce! I love making a meal from my freshly harvested veggies. Cauliflower Tabouli may sound intimidating, but it's so simple and tasty you just have to try it yourself.

INGREDIENTS

- ¾ cauliflower head (riced)
- 1 small tomato (diced)
- 1-2 sprigs of basil (chopped)
- 2-3 scallion stems (chopped)
- 3 tbsps lemon juice
- 2 tbsps lemon & garlic olive oil
- 1 tbsp olive oil
- Salt & pepper to taste

RECIPE

1. Cut the cauliflower head into small equal-sized florets. Add to a food processor and pulse until it is finely chopped – as if it looks like rice. Transfer to a large mixing bowl.
2. Dice your tomato, chop your scallions and basil, then add to the rice.
3. In a smaller mixing bowl, add your lemon juice, olive oil, and salt and pepper to taste. Whisk together until it's mixed well.
4. Pour dressing over the rice and veggie mixture, then toss together to combine everything.
5. Enjoy as is or top it off with your favorite protein.