

Roasted Cauliflower Tabbouleh

Time: Under 45 minutes

Servings: Two main or Four sides

Level: Easy

Ingredients:

- o 1 head of organic cauliflower, cut into florets
- o 1 tablespoon olive oil
- o ½ teaspoon salt
- o ¼ teaspoon ground black pepper
- o 1-2 cups of spinach leaves, thinly sliced
- o ½ English cucumber, cut in ¼-inch dice
- o ½ pint of grape tomatoes, cut in ¼-inch dice
- o 7-8 mint leaves, minced
- o 2 handfuls of flat-leaf parsley, minced (it will be about 4-5 tablespoons)
- o 3 scallions, white and pale-green parts, thinly sliced
- o 1 teaspoon finely grated lemon zest
- o ½ teaspoon of salt
- o ¼ teaspoon of ground black pepper
- o (Optional) pine nuts

Dressing

- 1 tablespoon olive oil
- 1 tablespoon fresh-squeezed lemon juice

Directions:

- 1) Preheat oven to 400°.
- 2) Place **cauliflower** florets on a rimmed baking sheet and toss with **olive oil, salt and black pepper**. Roast for about 20-25 minutes until cooked through and slightly caramelized.
- 3) Let the **cauliflower** cool completely. Once cooled chop into fine, rice-like pieces and place in a large bowl.
- 4) Add the **spinach** to the bowl and toss.
- 5) Add **cucumbers, tomatoes, mint, parsley, scallions, lemon zest, salt, and black pepper** to the bowl and toss.
- 6) Add **dressing**—as much or as little as you would like.
- 7) Add **salt and pepper** to taste.

Fun tips and Information

To add protein, grill a few pieces of haloumi, sauté shrimp with olive oil and garlic, or add some rotisserie chicken on top of the tabbouleh.