

# CAULIFLOWER TABBOULEH SALAD



**DIFFICULTY**

EASY



**TIME**

50 MIN



**SERVES**

6-8

## INGREDIENTS

4 Cups Cauliflower Rice  
3 Tbsp of Oregano Vinaigrette OR 2 Tbsp Olive Oil and 1 Tbsp Apple Cider Vinegar  
1 Cup Cherry Tomatoes, cut in half  
½ Red Onion, thinly Sliced  
4 small Persian Cucumbers, cut into quarters lengthwise and slice ¼"  
½ Cup finely chopped Parsley  
½ Cup coarsely chopped Mint  
1 tsp Lemon Zest  
1 Cup Spinach Leaves  
Freshly Cracked Pepper  
Lettuce Leaves  
Optional-sliced black olives

### Ingredients for Lemon-Oregano Vinaigrette

½ Cup Avocado or Olive Oil  
2 Tbsp Apple Cider Vinegar  
2 Tbsp Lemon Juice  
1 tsp Lemon Zest  
1 tsp Honey  
1 tsp Garlic or Shallot, chopped  
1 tsp Dried Oregano  
¼ tsp Sea Salt  
¼ tsp Black Pepper

## DIRECTIONS

1. Mix together vinaigrette and cooled cauliflower rice
2. Stir all other ingredients
3. Split lettuce leaves onto each plate
4. Top with more cracked pepper

### NUTRITION FACTS PER SERVING

Calories: 291   Fat: 35.6g   Carbohydrates: 16.2g   Fiber: 6.3g   Sugar: 7.5g   Protein: 4.9g



CALIFORNIA SCHOOLS  
**VEBA**

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