



Paleo Tabbouleh

4 servings

15 minutes

Ingredients

1 head Cauliflower (small, sliced into florets)
3 cups Parsley (finely chopped)
1 cup Mint Leaves (finely chopped)
1 Cucumber (diced)
2 Tomato (medium, diced)
1/4 cup Hemp Seeds
1 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	196
Fat	13g
Saturated	2g
Polyunsaturated	5g
Monounsaturated	6g
Carbs	17g
Fiber	6g
Sugar	5g
Protein	9g

Directions

- 1 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 3 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

Notes

More Protein, Serve with chicken breast or chickpeas.

Save Time, Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.