

Cauliflower Rice Tabbouleh

Refreshing, light and delightful. Great for a spring and summer side. Enjoy for a picnic, summer bbq or along side any meat you dream up. A delicious leftover salad for the lunches throughout the week. Great salad to include in your food prep days.



	Recipe serves	Prepared for
	4	8

Ingredient	Amount	Scaled amount
Cauliflower Rice	2 cup	4 cup
Cucumber, chopped	1 cup	2 cup
Cherry Tomato, chopped	3/4 cup	1 1/2 cup
Red Onion, chopped	1/2 cup	1 cup
Fresh Mint, chopped	1/3 cup	2/3 cup
Fresh Parsley, chopped	1/3 cup	2/3 cup
Olive Oil	2 tbsp	4 tbsp
Large Lemon, juiced	1/4 cup	1/2 cup
Sea Salt	1/2 tsp	1 tsp
Apple Cider Vinegar	1 tbsp	2 tbsp

Instructions

1. Make cauliflower rice in a food processor. Search directions on how to make this on our website, thewholesomebeet.com. if you would like to learn how to make cauliflower rice.
2. Place rice in a large bowl. Add all vegetables and fresh herbs, and mix well.
3. Whisk together lemon juice, vinegar, and oil. Pour dressing over vegetable mixture and stir to coat.
4. Add salt, to taste. Serve immediately or refrigerate to let flavors meld. Enjoy within 4-5 days.



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