

Mediterranean Cauliflower Salad

- 1 small/medium head cauliflower — cut off the florets (*Or purchase Riced & skip step 1*)
- 1 cup red onion — chopped
- 1 cup cucumber — chopped
- 2 cups cherry tomatoes — cut in half
- ¼ cup black or kalamata olives
- ¼ cup fresh parsley — chopped

For the Dressing:

- 2 ½ tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice
- Himalayan sea salt and black pepper
- 1 garlic clove — minced



1. Pulse the cauliflower florets in a food processor for about 25-30 seconds until it's a rice-like consistency.
2. Place the cauliflower in a microwave-safe bowl and microwave for 3-4 minutes. The time will depend on the power of the microwave.
3. Once cauliflower is cool enough to handle, transfer to a salad bowl.
4. Add all the rest of the salad ingredients in the salad bowl.
5. In a mason jar, pour the olive oil and freshly squeezed lemon juice. Add salt, pepper, garlic and whisk everything together. Continue to whisk while streaming in the olive oil. Taste to check the seasoning.
6. Pour the dressing over the salad and toss well. Top with parsley. Enjoy!

Serving Size = 2 cups of salad with 6 olives and 2 teaspoons of dressing