

**Boston Medical Center  
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263  
Food Demonstration Kitchen: (617) 414-3840 [www.bmc.org](http://www.bmc.org)



**Cauliflower Tabouleh**  
**Makes 6 servings**

**Ingredients:**

2 cups cauliflower, finely diced  
2 tomatoes, finely diced  
1 cucumber, seeded, finely diced  
¼ cup parsley, fresh, chopped  
¼ cup mint, fresh, chopped  
½ cup scallions  
¼ cup lemon juice  
1 ½ tablespoon olive oil  
1 tablespoon garlic, minced  
¼ teaspoon cumin, ground (optional)  
¼ teaspoon salt  
¼ teaspoon black pepper

**Directions:**

1. Dice cauliflower using food processor.
2. In a large bowl combine cauliflower, tomatoes, cucumber, parsley, mint, onions, garlic and cumin.
3. In a small bowl combine lemon juice, oil, garlic, cumin and salt. Pour over salad mixture and toss to combine all ingredients.
4. Refrigerate until ready to serve.

**Nutritional Information per ¾ cup serving:**

Calories: 70	Carbohydrates: 8 g
Total Fat: 4 g	Cholesterol: 0 mg
Saturated Fat: 0.5 g	Dietary Fiber: 2 g
Sodium: 115 mg	Protein: 2 g

**Recipe Source: Tracey Burg, RD**