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