

RECIPE

Cauliflower Tabbouleh



- you get small pieces like grains of rice. Put it all in a bowl.
2. Add the rest of the ingredients, including the quinoa and your favorite vinaigrette or simply EVOO and a touch of fresh lemon juice, salt and pepper.
 3. Stir and eat immediately or store covered in the refrigerator; It can last for up to 3-5 days.

Ingredients

- ½ cup of cooked quinoa.
- ½ head of cauliflower.
- 1 red/orange/yellow bell pepper, chopped
- ½ onion small red chopped.
- 1 full bunch of chopped parsley.
- 1-2 handfuls of chopped pistachios, sliced almonds, or sunflower seeds (lightly toasted).
- ¼ cup of chopped black olives.
- Olive oil, fresh lemon juice, salt and pepper to taste.

Preparation

1. Chop the cauliflower very small in a food processor or with a knife until