

MEDITERRANEAN CAULIFLOWER SALAD



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Raw Cauliflower, Cut Into Florets	1 Head	Garlic Cloves, Minced	2
Whole Bunch of Parsley Stems Partially Removed, Chopped	1	Kosher Salt and Pepper	To taste
Roma Tomatoes, Very Small Diced or Chopped	4	Juice of Lemons	2
English Cucumber Hot House Cucumber, Chopped	1	Extra Virgin Olive Oil	1 Tbsp.
Red Onion, Finely Chopped	½		



PREPARATION

- Prepare the cauliflower by cutting it into small florets. Rinse the florets under cold water and pat them dry with a clean kitchen towel.
- In a large mixing bowl, combine the cauliflower florets, chopped parsley, diced Roma tomatoes, chopped cucumber, finely chopped red onion, and minced garlic.
- Season the mixture with kosher salt and pepper according to your taste preferences.
- Squeeze the juice of the lemons over the salad mixture. Start with the juice of one lemon and adjust the amount based on your desired level of tanginess.
- Drizzle extra virgin olive oil over the salad, using approximately 2-3 tablespoons. Toss the salad gently to ensure all the ingredients are well coated with lemon juice and olive oil.
- Taste and adjust the seasoning if necessary. Add more salt, pepper, lemon juice, or olive oil as desired.
- Let the salad sit for at least 15-20 minutes before serving. This will allow the flavors to meld together and the cauliflower slightly soften.
- Serve and Enjoy!