

Cauliflower Tabbouleh

Here's a delicious, light, fresh and low cal recipe highlighting herbs and spices (coriander, turmeric, cumin, black pepper, cinnamon, parsley and mint)

Ingredients:

1 ½ pounds cauliflower, trimmed and cut into 1-inch florets
6 Tbsp freshly squeezed lemon juice
6 Tbsp EVOO
½ tsp ground turmeric
¼ tsp ground coriander
¼ tsp ground cumin
1/8 tsp ground cinnamon
Sea salt
¼ tsp freshly ground pepper
1 cup tightly packed coarsely chopped parsley
½ cup coarsely chopped tightly packed mint
1 medium cucumber, peeled, seeded, and diced
12 cherry tomatoes, halved

Method of preparation:

Place the cauliflower florets in a steamer basket and steam until just tender-crisp, 5 to 6 minutes.

Remove from the heat and let cool slightly.

Place the cooked cauliflower in the bowl of a food processor and pulse about 15 times, until the texture is fine, with pieces about the size of rice grains.

In a large bowl whisk together lemon juice, olive oil, turmeric, coriander, cumin, cinnamon, 1/2 teaspoon of salt, and pepper.

Add the cauliflower and toss well to coat. Taste, and adjust with a couple of pinches of salt if needed.

When the cauliflower has completely cooled, fold in the parsley, mint, cucumber, and tomatoes. Serve at room temperature.

Notes:

Cauliflower just like walnuts visually reminds us of the brain. Nutritionally is a brain-boosting superstar, filled with B vitamins, omega-3s, phosphorus, and manganese. It helps with liver detoxification; happy liver makes a happy brain. Cauliflower comes also in deep purple higher in anthocyanin brain-boosting antioxidants and orange color has more beta carotene.