



## **Golden Cauliflower Tabbouleh Salad** *Featuring Cauliflower Crumbles*

1/2 head fresh golden cauliflower  
2 cups diced mini cucumbers  
1/2 cup diced red onion  
1-1/2 cups chopped fresh parsley leaves  
1/4 cup chopped fresh mint leaves  
8 ounces grape tomatoes, quartered  
1/4 cup cooked red quinoa  
1/4 cup olive oil  
3 Tablespoons fresh lemon juice  
1/2 teaspoon grated lemon zest  
1 teaspoon ground cumin  
1/4 teaspoon cinnamon  
1/4 teaspoon salt  
1/4 teaspoon ground black pepper

\*Use organic ingredients if available

Remove florets from cauliflower; place in food processor; process into fine chopped pieces. Place cucumbers, onions, parsley leaves and mint leaves separately in food processor; chop each; place each in large bowl. Stir in quartered tomatoes and cooked quinoa.

In small bowl, combine lemon juice, zest, cumin, cinnamon, salt, and black pepper. Whisk to form salad dressing. Pour over the cauliflower mixture; toss to combine. Cover; place in refrigerator for 1 hour or until ready to use. Serves: 6

**Recipe Inspired by:** Ellie Krieger and Quentin Bacon, Houghton Mifflin Harcourt, You Have It Made book. Also [jamesbreard.org](http://jamesbreard.org)

**About the Recipe:** It's fun to put cauliflower in a food processor and use the fine grated pieces in a favorite salad or side dish. This recipe uses golden cauliflower and mixes in some cooked red quinoa with salad ingredients to create an unusual tabbouleh salad. Serve it with your favorite main dish or as a great fresh starter.