



## **Fresh Cranberry Cauliflower Rice**

*Turn your cauliflower into Rosy Pink “Rice”*

- 1/2 large white cauliflower head
- 3 garlic cloves, minced
- 1/4 cup coarse chopped herbs (like parsley, thyme)
- 1 to 1-1/2 cups fresh cranberries
- 1 Tablespoon olive oil
- 1 teaspoon sea salt
- Freshly ground black pepper to taste
- 2 Tablespoons coarsely chopped pistachios
- To Serve: Coarse torn kale leaves as desired

**Process Cauliflower Florets:** Trim the leaves and hard stem. Break cauliflower into pieces; put florets into food processor. Pulse until cauliflower is chopped into rice size grains. Remove to medium-sized bowl.

**Add Fresh Flavor:** Put garlic cloves and herbs in food processor, pulse until small relatively uniform pieces. Stir into the riced cauliflower.

**Process Cranberries:** Place cranberries in food processor; pulse until fine particles; stir into cauliflower mixture to combine and turn hot pink color. Stir in olive oil, season with salt and black pepper to taste. Fold in chopped pistachios.

**To Serve:** Line a serving bowl with torn kale leaves; place cauliflower rice in center. Serves: 4

**Recipe Inspired by:** The Wahls Protocol Cooking for Life by Terry Wahls, M.D.

**Cook's Note:** I expected this dish to be very sour, but the flavor was lightly tart and herb flavored. I made it with 1 cup of cranberries but added ½ cup more for a vibrant color. It is surprisingly delicious!

**About the Recipe:** White cauliflower florets magically turn into “rice” when chopped in a food processor. This recipe adds fresh chopped cranberries into the cauliflower “rice” to create a bright pink color. Swirled with bits of fresh green herbs and kale leaves, it makes a delicious side dish.