



## Cauliflower and Pomegranate Tabbouleh

### Ingredients:

1 16oz bag of cauliflower rice  
Juice of 2 large (3 small lemons)  
2-3 Tbsp. of olive oil.  
1/2 purple onion, finely chopped  
1 cup parsley, finely chopped  
1/3 cup dill, roughly chopped  
1/3 cup mint, roughly chopped  
1/2 cup of pomegranate seeds  
1/3 cup of pine nuts, pistachios or toasted sliced almonds  
1 tsp ground allspice (optional, but tasty)  
1/2 teaspoon of salt  
Pepper

### Directions:

Place the cauliflower in a large bowl and mix in the lemon juice and salt. Set aside to marinate for 20 minutes then add the rest of the ingredients and a few generous grinds of black pepper. Toss gently.

Top with pomegranate seeds and chopped nuts. Serve as a dip with hummus and whole-wheat pita bread or in lettuce cups as an appetizer, or in a salad for extra flavor or as a topping on any baked, white fish.

To make this dish a meal, add white beans and chickpeas and/or grilled chicken. Serve over greens of choice.