



## Paleo Tabbouleh

4 servings

15 minutes

### Ingredients

- 1 head Cauliflower (small, sliced into florets)
- 3 cups Parsley (finely chopped)
- 1 cup Mint Leaves (finely chopped)
- 2 Cucumber (diced)
- 1/4 cup Hemp Seeds
- 1 Lemon (juiced)
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

### Nutrition

| Amount per serving |        |
|--------------------|--------|
| Calories           | 198    |
| Fat                | 13g    |
| Carbs              | 18g    |
| Fiber              | 6g     |
| Sugar              | 6g     |
| Protein            | 9g     |
| Cholesterol        | 0mg    |
| Sodium             | 75mg   |
| Vitamin A          | 4273IU |
| Vitamin C          | 142mg  |
| Calcium            | 143mg  |
| Iron               | 5mg    |

### Directions

- 1 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 3 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

### Notes

**Save Time:** Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.