

Mediterranean Cauliflower "Rice"

Yield: 5 Cups

Ingredients:

½	hd.	Cauliflower (about 1 pound), coarsely chopped (Costco / Trader Joes)
5	T	Extra-virgin olive oil, divided (1T & 4T)
¼	t	Kosher salt
2	Cc	Flat-leaf parsley leaves with tender stems
1	C	Mint leaves
2		Scallions, sliced
1		Garlic clove, coarsely chopped
1	t	Lemon zest, fine zest
3	T	Fresh lemon juice
1/4	t	Crushed red pepper flakes
1	pt.	Cherry tomatoes, quartered
½	C	Feta cheese, crumbled
½	C	Kalamata olives, rough chopped
1		Yellow pepper, small diced

PREPARATION

1. Grate cauliflower with the coarse grater disk on a food processor or the largest holes on a box grater until rice-like in texture.
2. Transfer to a large, microwave-safe bowl and toss with 1 Tbsp. oil and 1/4 tsp. salt. Cover with plastic wrap and microwave on high 3 minutes. Carefully remove plastic wrap, spread cauliflower "rice" on a rimmed baking sheet, and let cool. (Option: Sauté cauliflower)
3. Chop parsley & mint and place in a bowl. Add scallions, garlic, lemon zest, lemon juice, & remaining 1/4 cup oil.
4. Add remaining ingredients and gently toss then season to taste.

Notes:

Can be made 3 days ahead. Serve it as a side dish for roasted or grilled meats or mix it with leafy greens for a healthy salad.