
THE CrossFit *kitchen*



TABBOULEH SALAD

overview

This colorful and delicious salad will be a hit at any summer gathering.

blocks per cup

1 carbohydrate block

1 fat block

ingredients

- 1 head cauliflower, riced (see directions)
- 5 or more cloves garlic (depending on your preference), minced
- 1/3 cup sun-dried tomatoes in olive oil
- 10 asparagus spears, cut into 1-inch pieces
- 1 small yellow crookneck squash, diced
- 1/2 red bell pepper, diced
- 1/2 red onion, diced
- 1/2 cup toasted pistachios or pine nuts
- 2 bunches fresh parsley, finely chopped
- 2 bunches fresh mint, finely chopped
- 2 lemons, juiced
- 2 tbsp. olive oil
- Salt and pepper to taste

directions

1. Cut raw cauliflower into pieces and pulse in food processor until it's the consistency of couscous grain.
2. Put cauliflower, garlic and sun-dried tomatoes into a pan and cook on medium-high heat for about 2 minutes until cauliflower is just starting to soften and garlic has a chance to lose its sharpness. Don't overcook this! You still want it to have a good deal of firmness otherwise you will end up with more of a mashed-potato consistency, which is good, but not for this dish.
3. Remove from heat.
4. Add all other ingredients (you can be creative here with what veggies you use) and toss together.
5. Refrigerate until completely cool before serving.

