

## Lemon Cauli with Herbs

Prep & Cook time: 15-20 min  
Servings: 4

2 pounds cauliflower florets (or riced)\*

### Dressing

1/4 cup lemon juice (2 lemons)  
1/2 tsp ground turmeric  
1/4 tsp ground coriander  
1/4 tsp ground cumin  
1/8 tsp ground cinnamon  
1/2 tsp sea salt  
1/4 tsp freshly ground black pepper  
1/4 cup extra-virgin olive oil



1 cup parsley, stemmed, chopped & tightly packed  
1/2 cup mint leaves, chopped & tightly packed

### Directions

Steam the cauliflower in a 4 ½ quart pot until tender, 7-10 minutes.

In a large measuring cup, whisk together the lemon juice, turmeric, coriander, cumin, cinnamon, salt, pepper, and olive oil.

Drain water from the cauliflower and mash florets with a masher until in small bits.

Pour dressing onto cauliflower and mix well to coat. Taste and adjust with a couple pinches of salt, if needed.

Chop the parsley and mint.

When the cauliflower has cooled, fold in the parsley and mint. Serve at room temperature or chilled.

### Options:

\* Instead of chopping a head of cauliflower, I use frozen florets or frozen riced cauliflower.

To make your own riced cauliflower, place cooked florets in a food processor and pulse about 15 times, until the texture is fine, with pieces about the size of rice grains.

Modified from Rebecca Katz's recipe for Herb-Infused Cauliflower Rice,  
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