

# Cauliflower Cous-Cous

## TOOLS and EQUIPMENT:

Cutting Board  
Knife  
Measuring Cups  
Measuring Spoons  
Mixing Bowls

**YIELD:** 5 servings



## INGREDIENTS

1 head of Cauliflower  
1 pint Grape Tomatoes, cut in half  
1 seedless Cucumber, peeled and diced  
2 tbsp. Parsley, chopped  
1 tbsp. Lemon Zest  
¼ cup Red Wine Vinegar  
½ cup Canola Oil (grapeseed, safflower, or sunflower)  
1 tbsp. Dijon Mustard  
Salt and pepper to taste

## DIRECTIONS

Wash the cauliflower and cut in half. Then, cut cauliflower very thin, as if you are shaving it.

Place tomatoes, cucumbers, parsley, and lemon zest to the cauliflower “cous-cous” into a mixing bowl.

In a separate mixing bowl add the vinegar, Dijon and oil.

Pour dressing over the salad and toss.

Serve chilled.

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