



INGREDIENTS

- 1 Pound Cauliflower (small head)
- 1 Cup Parsley (chopped)
- 1 Cup Tomatoes (diced)
- ½ Cup Mint (chopped)
- ¼ Cup Olive Oil
- Juice of 1 Lemon
- Salt and Pepper (to taste)

DIRECTIONS

1. Grate the cauliflower using a food processor or box grater until it resembles rice.
2. In a large bowl, combine grated cauliflower, parsley, tomatoes, mint, olive oil, lemon juice, salt and pepper.
3. Toss everything together until well mixed and serve chilled or at room temperature.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Snack

YIELD

5 Cups

PORTION SIZES

Toddler: ½ Cup
Preschool: ½ Cup
School Age: ¾ Cup
Adult: ½ Cup