



# Cauliflower “Rice” Salad

*This Recipe Serves 4*

## Ingredients

### Salad

12 ounces cauliflower “rice”  
– see step 1

1 cup cucumber, diced

1 cup grape tomatoes, cut in half

2 green onions, sliced

3 tablespoons sliced Kalamata olives

### Dressing

¼ cup red wine vinegar

2 tablespoons olive oil

½ tablespoon Dijon mustard

1. Cauliflower “rice” can be purchased frozen at some stores or you can make your own by following this instruction: place cauliflower florets in food processor and process until rice-like consistency (be careful not to over process).
2. In a salad bowl, combine all salad ingredients.
3. In a small bowl, whisk together dressing ingredients.
4. Pour dressing over salad and serve with reduced fat feta cheese if desired.

**Dietitian Tip:** Cauliflower rice is a new trend and you will be pleasantly surprised on how delicious this low-carb alternative can be when used in traditional rice dishes.

**Make It Gluten-Free:** Confirm all ingredients are gluten-free and this recipe can be made gluten-free.

**Choices/Exchanges:** 2 Nonstarchy Vegetable, 1½ Fat

Notes \_\_\_\_\_