



Moroccan Cauliflower “Rice” “Couscous” Salad

Servings

6

Calories

220

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Medium

Ingredients

- 1 (12 ounces) package Mann’s Cauliflower “Rice”
- 1 tablespoon coconut oil
- 1 clove garlic, minced
- 1 teaspoon cumin, ground
- 1 teaspoon paprika, ground
- ½ teaspoon coriander,
- ½ teaspoon salt
- ¼ teaspoon cinnamon, ground
- ¼ teaspoon pepper
- ¼ cup lemon juice
- 1 (19 ounces) can chickpeas, drained and rinsed
- 1 red pepper, chopped
- ⅓ cup red onion, chopped
- ¼ cup orange juice
- ¼ cup dried apricots, chopped
- ¼ cup almonds, slivered, toasted
- 3 tablespoons fresh cilantro, finely chopped, divided
- ⅓ cup pomegranate seeds
- 1 tablespoon fresh mint, finely chopped





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The Method

Heat coconut oil in large skillet set over medium heat; cook Cauliflower “Rice,” garlic, cumin, paprika, coriander, salt, cinnamon and pepper for about 5 minutes or until well coated and Cauliflower “Rice” starts to soften. Stir in ¼ cup water; cook for 3 to 5 minutes or until no liquid remains in the pan and Cauliflower “Rice” is tender. Stir in lemon juice. Remove from heat and let cool completely.

Toss together the cooled Cauliflower “Rice,” chickpeas, red pepper, red onion, orange juice, apricots, almonds and 2 tablespoon cilantro. Cover and refrigerate for about 30 minutes or until chilled. Sprinkle with remaining cilantro, pomegranate seeds and mint.

Tips:

Substitute parsley for cilantro if desired.

If preferred, substitute dried cranberries for pomegranate seeds.

Drizzle with extra-virgin olive oil and finely crumbled feta cheese if desired.

Nutrition Facts

Servings: 221g | Servings: 6

Amount Per Serving

Calories 220 | Total Fat 7g (sat fat 2.5g trans 0g) | Cholesterol 0mg | Sodium 410mg | Total Carbohydrate 34g | Dietary Fiber 9g | Sugars 10g (Includes 0g Added Sugars) | Protein 9g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 8%