

RECIPE | CUCUMBERS



MEDITERRANEAN CAULIFLOWER RICE SALAD



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Recipe created by *Yasmin Benhan*



INGREDIENTS

- 1 dry pint** Pure Flavor® Uno Bites™ Nano Cucumbers, sliced
- 1 dry pint** Pure Flavor® Juno® Bites Red Grape Tomatoes, halved
- 1** Pure Flavor® Red Sweet Bell Pepper, diced
- 3** green onions, finely chopped
- 2** cloves garlic, minced
- 1** lemon, juiced
- ½ red** onion, finely diced
- 2 cups** cauliflower rice
- 1 cup** parsley, chopped
- ¼ cup** olive oil
- Salt and pepper, to taste

DIRECTIONS

- 1** In a large bowl mix cucumbers, tomatoes, peppers, green onions, red onion, parsley, and cauliflower rice.
- 2** To make dressing combine olive oil, lemon juice, garlic and salt and pepper in a small bowl. Mix well.
- 3** Drizzle dressing over salad and toss together until well combined.



15 min

15 min PREP | **0 min** COOKING



4



easy