



## Cauliflower “Pilaf”

**Serves 1**

### Salad Ingredients

- 1 Tbsp extra virgin olive oil
- 2 cups cauliflower “rice” (cut cauliflower in flowerettes and whirl to make it rice - like in the food processor. Easy instructions are explained well [here](#). Alternately, you can buy this at Trader Joe’s.)
- ½ cup cooked and drained black or regular lentils (Garbanzo beans are a good substitution)
- ½ cup sweet corn kernels, uncooked
- Chopped cilantro if desired

### Dressing Ingredients

- 1 Tbsp tahina (Soom is the best!)
- 1 Tbsp fresh lemon juice
- 1-2 Tbsp water to thin the sauce
- Dash of curry powder or cumin if you like
- Salt and pepper to taste

### Instructions

Heat a 10-inch fry pan, add the olive oil, and when it is hot dump in the cauliflower “rice”, lentils and corn. Saute for a few minutes until the cauliflower is cooked a bit.

Whisk together the dressing ingredients, taste and add more water/lemon juice as needed. Stir this into the cauliflower mix, top with fresh herbs and serve.