



Makes 8 cups
Cook Time: 20 minutes

INGREDIENTS:

1 pound cauliflower, any color,
riced (4 cups)

1 orange bell pepper, cut into
¼-inch dice (1 cup)

1 red bell pepper, cut into
¼-inch dice (1 cup)

1 cup fresh or thawed frozen
green peas (5 ounces)

1 cup fresh or thawed frozen
yellow corn (5 ounces)

¼ small red onion, cut into
¼-inch dice (¼ cup)

¼ cup finely chopped fresh
cilantro

¼ cup lemon juice

2 tablespoons chopped almonds

1 pinch sea salt and freshly
ground black pepper

Rainbow Cauliflower Rice Salad

Kick up the freshness factor of a summer salad by using cauliflower rice (cauliflower florets that have been finely chopped in a food processor) instead of grains. This cauliflower rice salad is also a great way to showcase the rainbow-hued cauliflower available at farmers markets this time of year. In the photo above, you'll see how it looks using classic white cauliflower. In the video below, we used purple.

<https://www.youtube.com/watch?v=a9OP9d9y-g4>

By Darshana Thacker Wendel

- 1 In a large bowl, combine the cauliflower, bell peppers, peas, corn, onion, cilantro, lemon juice, and almonds. Season to taste with salt and pepper. Mix well.