

MEZE PLATTER

It's a rare person who doesn't enjoy a Mediterranean meze platter: fresh hummus, baba ghanoush, juicy olives, tabbouleh, preserved lemons, tapenade, and more, all served with a glass of hot mint tea. It's a romantic feast with a unique intimacy because it's typically shared tapas-style from the same bowls.

GRAIN-FREE TABBOULEH SALAD

With our guests in mind, we've reimagined tabbouleh, creating a beautiful, nutrient-rich dish that retains all the flavor and satisfaction of the classic, without all those carbs and calories. The bulgur wheat has been replaced with raw grated cauliflower for a delicate, elegant tabbouleh that's lightly sweet in flavor. Try it-this salad is delicious, and never fails to win over the hearts and minds of even the most hardline tabbouleh fans.



Makes 4 servings.

Ingredients:

1 garlic clove
3 Persian cucumbers, stems removed, diced
1 pint cherry tomatoes, quartered
Leaves and tender stems from 1 bunch flat-leaf parsley, coarsely chopped
½ cup fresh mint leaves and tender stems, finely chopped
3 scallions, minced
1 cup Kalamata olives, pitted and chopped
Juice of 1 lemon, plus more as needed
1/3 cup extra-virgin olive oil
½ teaspoon coarsely ground black pepper, plus more as needed
1 medium head cauliflower

Crush the garlic clove into a large bowl with garlic press. Add the cucumbers, tomatoes, parsley, mint, scallions, and olives along with the lemon juice, oil, and pepper. Toss well to combine.

Using the coarse side of a box grater, grate the cauliflower florets onto a cutting board (you should have about 3½ cups grated cauliflower). Wrap the leaves and stems and refrigerate for another use.

Mix the grated cauliflower into the salad. Taste and adjust the lemon juice and black pepper before serving.

Each Serving:

286 calories (kcal)	5 g dietary fiber	77 mg vitamin C
23 g fat	4 g protein	113 mg calcium
0 mg cholesterol	287 mg sodium	3 mg iron
20 g carbohydrates	1,701 IU vitamin A	