

Lemony Kale & Cauliflower Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Lemon Juice
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
3 cups Kale Leaves (finely chopped)
1/2 cup Parsley (chopped)
1/2 cup Green Olives (pitted, chopped)
1/2 head Cauliflower (small, chopped into florets)
2 tbsps Extra Virgin Olive Oil

NUTRITION

AMOUNT PER SERVING

Calories	114	Carbs	8g
Fat	9g	Protein	2g

DIRECTIONS

- 01 In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
- 02 Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
- 03 Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!