

## RAW CAULIFLOWER COUSCOUS

Contributed by Nancy Riedesel & Sheri Yohe (TheChefettes)

Adapted from the following website: <http://withdrawintentions.com>

Makes Approximately 6-8 Cups

### Ingredients:

#### Couscous:

- 1 head of cauliflower florets
- 1 red bell pepper, diced
- 1 large carrot, peeled and diced
- ½ large cucumber, peeled, seeded, and diced
- 3 chives, fresh, chopped
- 3 tablespoons parsley, fresh flat-leaf, chopped
- 4 tablespoons sun-dried tomatoes, chopped (Avoid those that are soaked in oil, salt, and contain sulfites)
- 1 teaspoon salt, (pink or sea salt is best)

#### Dressing:

- ½ large cucumber, peeled, seeded, and chopped
- 2½ tablespoons raw tahini
- 3 celery stalks, chopped
- 2 tablespoons lemon juice
- 2 tablespoons fresh dill
- 3 tablespoons water, or as needed

#### Directions:

1. Place the cauliflower florets in a food processor (a blender also works, though the “couscous” does not come out as evenly as with a processor). Pulse a few times until you get a fine, couscous like consistency.
2. Place the cauliflower crumbles in a large mixing bowl and set aside.
3. Place the carrots in the food processor and process into crumbles, and then add them to the large mixing bowl with the cauliflower.
4. Add the cucumber, chives, parsley, and sun-dried tomatoes to the cauliflower and carrots, and mix together well.
5. Process all of the dressing ingredients in blender until creamy. \*A high-speed blender is optimal for creating an even, smooth, and creamy consistency. If you are working with a standard blender, you may need to add more water.
6. Pour the dressing over the couscous and stir all together until blended well.

#### Storage and Serving Tips:

- Serve this couscous immediately or let it sit in the fridge for 1-2 hours to allow all of the ingredients to absorb the dressing.
- You may eat this salad by itself, on top of a big bed of fresh greens, wrapped up in collard leaves, or as a simple side dish, as a base in the collard leaf for my Raw Falafel recipe.
- The dressing is versatile and goes well over any type of salad.
- Your Cauliflower Couscous will keep in the refrigerator in a sealed glass container for up to 2 days.

#### Nutrition:

Cauliflower has the amazing ability to transform into a texture similar to rice and couscous. It seems like a completely different food by just tossing the florets into a food processor or a blender – no baking, steaming, or cooking required! By using such simple, raw, preparation techniques, you still maintain all of the cauliflower's amazing health benefits. Some of the amazing health benefits of cauliflower include:

- Anti-inflammatory
- Rich in Vitamin-C
- Good for heart health
- Strengthens the immune system
- Reduces risk of strokes
- Full of dietary fiber
- Contains Folate, which helps the body form red blood cells
- Low in calories
- Rich in antioxidants

#### Cauliflower and your Thyroid

Be aware that for people with thyroid issues lightly steaming the cruciferous family for just 3 minutes will de-activate an enzyme called Goitrogen, which according to several health sources has been shown to have a negative effect on the thyroid. If you want to steam the cauliflower before you process it into those couscous sized chunks, simply place the florets in a steamer basket and cook the cauliflower for 3 minutes after it has reached the boiling point. Allow the cauliflower to cool and then process it into couscous-sized chunks.

Personal note from Chef Sheri: I enjoy eating cold, refreshing salads on a hot summer days. No need to use the oven and heat up the kitchen. The best part is how much energy you will have when you choose to eat healthy, raw foods. I'm partial to cleansing foods that sit light on my stomach. Cleansing foods contain mostly raw vegetables with very little nuts or seeds. Raw salads don't require as much energy for digestion, so our bodies can focus more energy on getting rid of toxins. Since we live in a toxic world I feel it's very important to live a cleansing lifestyle.