



Greenmarket Affordable Meals Series

Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person

Natural Gourmet Institute

CAULIFLOWER TABBOULEH

RECIPE BY NATURAL GOURMET INSTITUTE

Prep: 10 minutes
Cook: 10 minutes
Total Time: 20 minutes

Yield: 4 Servings
Level: Easy
Approx. Market Cost: \$15.80

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
½ cup plus 2 Tbsp olive oil	<i>Pantry Item</i>	-----
1 small head cauliflower, florets minced	Mon, Wed, Fri, Sat	\$4.50
¼ teaspoon sea salt	<i>Pantry Item</i>	-----
1 small red onion	Mon, Wed, Fri, Sat	\$1.00
2 cloves garlic, minced	Mon, Wed, Fri, Sat	\$0.30 (whole bulb)
3 tablespoons red wine vinegar	<i>Pantry Item</i>	-----
1 cucumber, peeled and diced	Mon, Wed, Fri, Sat	\$0.75
½ pint cherry tomatoes, quartered	Mon, Wed, Fri, Sat	\$1.75
1 ounce mint, chopped	Mon, Wed, Fri, Sat	\$2.00
1 ounce parsley, chopped	Mon, Wed, Fri, Sat	\$2.00
Pinch black pepper	<i>Pantry Item</i>	-----
2 ounces feta, crumbled (optional)	Wed, Sat	\$3.50
	Total Price:	\$15.80

**Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

Directions:

1. Heat 2 tablespoons olive oil in a large skillet. Add cauliflower and ¼ teaspoon sea salt; sauté over medium heat until cauliflower is tender, about 7 minutes. Transfer to a bowl and stir in red onion and garlic. Set aside to cool slightly.
2. When cauliflower is still warm, stir in red wine vinegar and ½ cup extra virgin olive oil. Let cool completely.
3. Mix in cucumber, cherry tomatoes, mint, parsley and feta (if using). Season with salt and pepper to taste. Chill for 30 minutes before serving.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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