

# Lemony Kale & Cauliflower Salad

8 ingredients · 15 minutes · 4 servings



## Directions

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1. 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.
2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 cup of salad.

### More Flavor

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

### Meal Prep

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

## Ingredients

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- 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