

GREEN CAULIFLOWER COUSCOUS

Prep time: 20 min. Cook time: 20 min. Total time: 40 min.
Serves: 4-6

With summer in full swing and the gardens growing their marvelous vegetables, this Cauliflower Couscous is delicious with all those fresh garden vegi's. It has a nice combination of textures with the fluffiness of the couscous and the crunch of the barely cooked peas and the toasted almonds. It comes together fairly quickly and can be served as a main dish for those meatless meals or served as a side dish that compliments any protein. The best part of all its guilt free so you can eat as much as you want!

1 head of cauliflower
1 Tbsp. olive oil
2 Tbsp. butter, divided
½ onion, diced
½ cup diced celery
2 cloves garlic, chopped
1 cup small broccoli florets
1 cup fresh or frozen green peas
3 cups uncooked fresh beet greens or fresh spinach
 And baby kale, combined
½ Tsp. salt
Pinch of black pepper
1-2 green onions, chopped, for garnish
¼ cup toasted sliced almonds, for garnish



Cut the cauliflower into large pieces. Using a food processor or blender, pulse the cauliflower, in batches, until it looks like small pieces of rice. Set aside. In a small pan, over medium low heat, add the sliced almonds. Move the almonds around in the pan often as they will burn quickly. Once the almonds are lightly browned, remove into a small dish and set aside. In a large sauté pan, over medium heat, add 1 Tbsp. butter and the beet greens or spinach and kale. Cook until wilted. Remove from pan and set aside. In the same pan, over medium low heat, add the olive oil, 1 Tbsp. butter, onion and celery. Sauté until onion is transparent. Add garlic and cook for 1 minute. Add the broccoli florets and cauliflower. Combine and cook for about 10 minutes, stirring every couple of minutes. Add in the peas, cooked greens, salt and pepper. Cook for another 3-4 minutes so the peas are warm but still crisp. Remove from heat and top with green onions and toasted almonds.

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