

# Summer Southern Vegetables

## Cauliflower Tabbouleh

Serves 6

### Ingredients

- 1 large head of cauliflower, grated on box grater, slice stems
  - 3 lemons, use zest & juice
  - 7 green onions, chopped
  - 2 bunches italian parsley, rough chop
  - 1 1/2 bu dill, rough chop
  - 1 bu mint, rough chop
  - 3-4 T. olive oil
  - fresh cracked black pepper
  - salt, to taste
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- optional: 1/2 c. pomegranate seeds
  - optional: chopped tomatoes , red pepper



### Instructions

1. Grate cauliflower on box grater, any stems, slice thin and add to large bowl
2. Combine lemon juice, zest(finely minced) & olive oil. Pour over cauliflower and combine. Allow cauliflower to marinate 15 minutes.
3. Add remaining herbs, green onions and season.

# Tomato Panzanella Salad

Serves 6

## Ingredients

- 3-4 tomatoes, depending on size, mix varieties, chop & slice
  - 1 day old baguette or ciabatta, cube, toast in olive oil
  - 2 ears of corn, blanched, kernels removed with corn milk
  - 1 english cucumber, peeled, sliced, drain with kosher salt in colander
  - 2 cloves garlic
  - 1 shallot
  - 1 T dijon mustard
  - 2 T white balsamic vinegar
  - 4-5 T olive oil
  - salt & freshly ground black pepper
  - 1 bu basil, leaves chopped
  - 1/2 bu parsley, chopped
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- optional: parmesan cheese, burrata mozzarella or goat cheese



## Instructions

1. Place sliced bite size tomatoes into colander set over a bowl, add a tsp of kosher salt to tomatoes, toss & allow to drain.
2. Reserve tomato juice
3. Toast cubed bread in saute pan with olive oil. Don't overcrowd pan, may need to toast in several batches. Set aside on paper towel.
4. In blender, add garlic, shallot, dijon, vinegar, olive oil, tomato juice, s & p, parsley=emulsify into vinaigrette
5. Place toasted bread into bowl & add some vinaigrette to coat bread. Toss and allow to marinate for 10-15 minutes.
6. In large bowl combine corn kernels, corn milk, drained cucumber & bread. Toss well, taste and add additional vinaigrette if desired.
7. Place sliced tomatoes on platter, spoon corn/bread mixture in around tomatoes, add chopped basil leaves and cheese if desired