

Low-Glycemic Cauliflower Tabbouleh with Fresh Herbs

A blood sugar-friendly twist on traditional tabbouleh using cauliflower instead of bulgur wheat, packed with fresh herbs, crisp vegetables, and healthy fats.

Prep: 15 min

Total: 15 min

Servings: 4

GL 1.8 / GI 24

Ingredients

yields 3 cups cauliflower couscous; GI: 15 (very low); non-starchy vegetable base small head cauliflower, cut into florets

GI: negligible; rich in vitamin K and antioxidants fresh parsley leaves and tender stems

GI: negligible; supports digestion and adds refreshing flavor fresh mint leaves

GI: 15; mild allium flavor without blood sugar impact scallions, chopped

GI: negligible; supports insulin sensitivity garlic cloves

GI: 15; low-sugar vegetable despite sweetness ripe tomatoes, finely chopped

GI: 15; high water content, minimal carbs cucumber, finely chopped

enhances flavors; use quality sea salt sea salt

GI: negligible; citric acid may help moderate glucose response fresh lemon juice

healthy monounsaturated fats slow carbohydrate absorption extra virgin olive oil

Instructions

Step 1

Remove the outer leaves from the cauliflower and cut the head into small florets, discarding the thick core. You should have approximately 3 cups of florets.

Step 2

Working in batches if necessary, add the cauliflower florets to a food processor. Pulse 15-20 times until the cauliflower is broken down into a very fine, couscous-like texture—much finer than typical cauliflower rice. The pieces should resemble fine breadcrumbs. Transfer the processed cauliflower to a large mixing bowl.

Step 3

Without washing the food processor, add the parsley leaves and stems, mint leaves, scallions, and garlic cloves. Pulse 10-15 times until all the herbs and aromatics are finely chopped into small, uniform pieces. Scrape down the sides as needed.

Step 4

Add the chopped herb mixture to the bowl with the cauliflower couscous. Use a fork or your hands to toss everything together, ensuring the herbs are evenly distributed throughout the cauliflower.

Step 5

Add the finely chopped tomatoes and cucumber to the bowl. Gently fold them into the cauliflower and herb mixture, being careful not to crush the vegetables.

Step 6

Sprinkle the salt over the salad, then drizzle with the fresh lemon juice and extra virgin olive oil. Toss everything together thoroughly, ensuring the dressing coats all the ingredients evenly.

Step 7

Cover the bowl and let the tabbouleh rest at room temperature for 10-15 minutes to allow the flavors to meld and the cauliflower to soften slightly from the lemon juice and salt. Taste and adjust seasoning with additional salt or lemon juice if desired.

Step 8

Serve immediately at room temperature, or refrigerate for up to 3 days. For best blood sugar management, enjoy this as a first course before protein-rich main dishes, or pair with grilled fish or chicken for a complete low-glycemic meal.