

## Cauliflower Couscous OR Pilaf

**Serves 6 - 8**

**Ingredients:**

¼ cup goji berries  
boiling water  
2 – 2 lb. heads cauliflower broken into florets  
3 tbsp. olive oil  
1 med. yellow onion, thinly sliced  
2 cloves garlic, crushed and minced  
1 c. baby spinach, cooked  
½ c. toasted walnuts, chopped  
½ c. sea salt  
½ c. green onions, sliced

**Method:**

Soak goji berries in water to cover. Let stand for 10 minutes or until plump and then drain and squeeze of moisture.

In food processor, pulse cauliflower until chopped like couscous.

In extra large skillet heat 2 tbsp. of oil on med-high heat. Add yellow onion and cook till golden. Add garlic while continuing to stir for only 30 seconds, or until aromatic. Again while stirring, add cauliflower and cook about 8 minutes or until golden. Stir in fruit, remaining 1 tbsp. oil, spinach, walnuts and salt.

Serve at once or let stand for up to 4 hours. Sprinkle with green onions.