



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

## CAULIFLOWER LEMON DOLMAS

- 2 heads cauliflower grated \*\*
- 3 lemons juiced and zested
- 1/2 medium sized leek (finely chopped)
- 6 cloves garlic (minced)
- 3 tbsp nutritional yeast
- 2 tbsp ,
- 1/2 pablano pepper (diced)
- 12 tsp braggs liquid aminos
- 1/2 bunch green onions (finely cut crosswise)
- small handful parsley (roughly chopped)
- small handful mint (roughly chopped)
- 1 packet stevia
- sea salt and pepper to taste
- 1 jar grape leaves \*\* (drained of brine and soaked in fresh cold water)



Place a large size sauté pan over medium heat add about a tablespoon of grape seed or olive oil and lightly cook leeks, peppers, and garlic till softened but not browned (about 5 minutes). Turn heat up to medium high and add cauliflower, nutritional yeast, braggs liquid aminos, and stevia. Cook for about 6 minutes or until cauliflower just starts to soften but still has firm texture.

Remove from heat and let cool.

In a mixing bowl, add cauliflower mixture, parsley, mint, olive oil, juice and zest of lemon, and green onion. Season with sea salt and black pepper tasting as you go to make sure the seasoning is correct.

Lay out a clean towel or paper towel and one at a time take a grape leaf, place shiny side down on towel stem facing yourself. Add a couple small spoonfuls of cauliflower mixture to center of grape leaf. Firmly tuck in left and right side of leaf then, with both of your thumbs tightly roll forward. (You can do this one by one or lay ten leaves out at a time).

Place each dolma on a lightly sprayed sheet pan seam side down or in a steamer basket lined with lettuce leaves or cabbage leaves. Steam for 10 minutes or bake in a 375° oven for 10 minutes.

ENJOY!

\*\* you should have enough grape leaves to make both this recipe and the lamb dolma recipe

\*\* cauliflower can be grated using the coarse side of a box grater or a food processor with shredder attachment

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