



# Linda's Mother's Day picnic plan

Not sure what to get your mom for Mother's Day? The best gift may simply be that perfect, one-size-fits all present that suits most every mom: spending time with her and making her feel as special as she really is.

Why not plan a picnic for your mom? You could pack your basket with her favorite foods, the necessary utensils and then relax and enjoy the outdoors.

You could also surprise her with this perfect cold cous cous salad. It doesn't take long to prepare, it can be kept in the fridge for a few days if you want to prepare ahead of time, it is ridiculously low in calories and it packs a high dose of antioxidants, fiber and numerous components that help lower inflammation.

Here's the recipe for the cold salad that I'm sure your mom will love!

## Cauliflower Cous Cous!

### Ingredients

- 1 head of cauliflower
- 1 cup of grape tomatoes, quartered
- 1 bunch of parsley, chopped
- 1/3 cup red onion, thinly sliced
- 5 mint leaves, chopped
- ¼ cup basil, chopped
- 3 tbsp fresh lemon juice
- ¼ cup olive oil
- ½ tsp sea salt
- Pinch of ground pepper
- ½ cup black olives, seeded and sliced (optional)

### Directions

- Process cauliflower in food processor with 's' blade to achieve cous cous like consistency (can also chop finely by hand).
- Place in bowl and add lemon, olive oil, salt and pepper.
- Mix in herbs, tomatoes and olives
- Stir well and serve chilled.