

Joy's Cauliflower Oreganata With Greek Olives

1 C. Chard, Chopped (I substituted Lacinato Kale, Chiffonade)
2 C. Cauliflower, Chopped
1/4 C. Fresh Basil, Chopped
1/4 C. Fresh Parsley, Chopped
1/4 C. Fresh Oregano, Chopped
20 Greek Sun-Dried Olives, Pitted and Chopped
1/4 C. Extra Virgin Olive Oil
1 Tsp. Fresh Lemon Juice
Braggs Aminos or Other Flavor Enhancer (Kelp/Dulse flakes), or Sea Salt

In a bowl, combine all ingredients. (To save time, I used a food processor to chop all ingredients) Season to taste. Allow to marinate for at least 30 minutes before serving.

(Kitchen Techniques & Living Food Recipes/Chef Ken Blue-Hippocrates Health Institute)