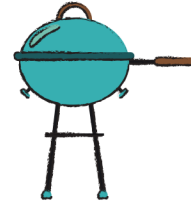


# WEEKLY WISDOM

Labor Day Edition:



## Burgers!

### Directions:

Grill up your favorite patty; beef, salmon, chicken, veggie, etc.

### Burger Fixing Ideas:

- WF Ketchup
- WF BBQ Sauce
- WF Mayo
- Hot Sauce
- Mustard
- Pickles
- Tomatoes
- Raw onions

Wrap it up with a large leaf of lettuce!



## Cauliflower Tabouli Salad

Recipe by Janeva's Cookbook



### Ingredients:

- |   |                             |
|---|-----------------------------|
| 3 C riced cauliflower                     | 2 T chopped fresh mint      |
| $\frac{3}{4}$ C grape tomatoes, quartered | $\frac{1}{3}$ C lemon juice |
| $\frac{1}{4}$ C chopped green onions      | 3 T olive oil               |
| $\frac{1}{4}$ C chopped fresh parsley     | 2 T soy sauce               |

### Directions:

1. In a large bowl toss tomatoes, riced cauliflower, green onion, parsley and mint. Set aside.
2. In a medium bowl, whisk together the lemon juice, olive oil, and soy sauce; pour over cauliflower mixture and fold to blend.
3. Season with salt and pepper, to taste.
4. Refrigerate.