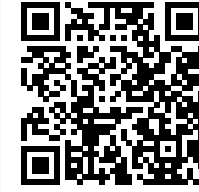


Cauliflower "pasta" Salad



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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 5 minutes

Ingredients

For the salad:

- __ 1 Small Head of Cauliflower or 4 cups of Cauliflower Florets
- __ 1 Roasted Pepper, diced (storebought is fine)
- __ 1 cup of Cherry Tomatoes, halved
- __ ½ of a Bell Pepper, Diced
- __ ½ of a Red Onion, diced
- __ ½ cup of Kalamata Olives, roughly chopped
- __ ¼ cup of Green Olives, roughly Chopped
- __ 2 Tbsp of Capers
- __ ¼ cup of Chopped Parsley
- __ ¼ cup of Chopped Basil
- __ 1 Carrot, peeled and grated
- __ ½ of a Seedless Cucumber, peeled and diced
- __ ¼ cup of Peperoncini or Sliced Banana Peppers
- __ Marinated Artichoke Hearts
- __

For the Dressing:

- __ ¼ cup of Red Wine Vinegar
- __ ¼ cup of Olive Oil
- __ 1 Large Clove of Garlic, grated or chopped
- __ 2 tsp of Italian Seasoning
- __ ¼ cup of Freshly Grated Parm
- __ Salt, to taste

1) Fill a large saucepan with water, add a generous pinch of salt and bring to a boil. Pulse the cauliflower (in batches) so the cauliflower is finely chopped but not small enough to be a paste.

2) Add the chopped cauliflower in the boiling water and cook for about 3 minutes, drain and rinse under cold water, squeeze the cauliflower to get rid of any extra liquid and place it in a bowl.

3) Add the remaining ingredients to the bowl with the cauliflower, season with some salt and set aside to make the dressing.

4) In a bowl, whisk together all of the ingredients for the dressing, pour half of it on the salad and toss to mix well.

