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
- 1/2 of a Bell Pepper, Diced
- 1/2 of a Red Onion, diced
- 1/2 cup of Kalamata Olives, roughly chopped
- 1/4 cup of Green Olives, roughly Chopped
- _2 Tbsp of Capers
- 1/4 cup of Chopped Parsley
- 1/4 cup of Chopped Basil
- 1 Carrot, peeled and grated

1/2 of a Seedless Cucumber, peeled and diced

1/4 cup of Peperoncini or Sliced Banana

Peppers

- Marinated Artichoke Hearts

- For the Dressing: _¼ cup of Red Wine Vinegar
- 1/4 cup of Olive Oil
- 1 Large Clove of Garlic, grated or chopped
- 2 tsp of Italian Seasoning
- 1/4 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.