

Cauliflower Salad

written by admin | October 31, 2011



Cauliflower is low in fat and carbs. It's an excellent source of vitamin C, vitamin K, folate and fiber. A very good source of vitamin B5, vitamin B6, omega-3 fatty acids, and manganese and other really good stuff! To cut cauliflower, first remove the outer leaves and then slice the florets at the base where they meet the stalks. I love to eat this salad with chopped tomato and avocado. Yummy! And it looks pretty, too!

Equipment:

Chopping Board
Serving Bowl

Ingredients:

1 head cauliflower
1/4 cup olive oil or flax seed oil
1/2 cup fresh lemon juice
2 tsp sea salt
2 tsp dried oregano
4 cloves garlic, minced or 2 tsp garlic powder
1 tsp turmeric

Directions:

1. Wash the head of cauliflower and pull or cut into florets. Thinly slice the florets with a knife.

2. Place into a serving bowl and add the remaining ingredients.
3. Mix well and serve.