

Try it “Tuesdays”

Creamy Cauliflower Salad

Makes: 6 servings—3/4 cup

Ingredients

2 cups cauliflower broken into florets (about 1/2 head)
1/2 cup diced onion
2 cups chopped lettuce (romaine works well)
1 chopped red or green apple (Breaburn, Granny Smith)
1/4 cup light ranch dressing



Directions

Prepare the cauliflower by rinsing well in cold water just before using it. Snap off the outer leaves and discard. Use a sharp knife and cutting board to slice off stem and hollow out and remove core. Cut or break cauliflower into small pieces called florets. Toss cauliflower, onion, lettuce, and apples in a medium bowl. Stir in dressing. Cover. Refrigerate until ready to serve.

For more information, Contact your local EFNEP office