



## **RAINBOW CAULIFLOWER SALAD**

This is an extremely simple salad that is loaded with color. You can even toss in some tuna to add a little protein.

### **INGREDIENTS**

- 6 cups multi-color cauliflower florets
- 1 cup cherry tomatoes, halved
- ½ sweet onion, cut into half-moon strips
- 1 (6oz) can black olives, drained
- 1½ cups of your favorite Italian dressing

### **INSTRUCTIONS**

1. In a large bowl, combine multi-color cauliflower, tomatoes, onion, and olives.
2. Pour the dressing over vegetables and toss until evenly coated. Cover and chill until ready to serve.



### **SOME SIMPLE DRESSING IDEAS:**

Both dressings below are very simple to make. Just add the ingredients to a mason jar or cruet, shake well, chill, and enjoy on your favorite salad!

#### **Lemon Parmesan Vinaigrette**

- 1 tsp honey
- ½ C lemon juice
- ½ C olive oil
- ½ C parmesan cheese
- ½ tsp salt
- ½ tsp black pepper

You can add a squirt of dijon, add a clove of crushed garlic, sub the honey for maple syrup, or add any fresh herbs that you'd like. This is a great base recipe for you to play around with and make it your own.

#### **Simple Vinaigrette**

- 1 small garlic clove minced
- 2 tsp shallot finely minced
- 1 tsp oregano
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp black pepper
- 1/4 C red wine vinegar or white wine vinegar
- 2/3 C extra virgin olive oil