

# Shredded Cauliflower Salad

Prep time: 15 min Serves 4

# **INGREDIENTS**

#### Salad

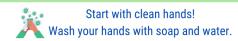
- ½ head cauliflower
- 2 scallions, chopped
- ¼ cup raisins
- ¼ cup sunflower seeds
- ½ teaspoon salt
- Pepper to taste

Optional: ½ cucumber and ½ tomato, diced

## Vinaigrette Dressing

- 1 clove garlic, minced (or 1/8 tsp powder)
- 1 tablespoon mustard
- 3 tablespoons vinegar (red wine suggested)
- 1/3 cup olive oil
- ½ teaspoon red pepper flakes

### **DIRECTIONS**



- 1. Use grater to shred raw cauliflower head into bowl (fine blades suggested).
- 2. Chop scallions and add to bowl.
- 3. Add raisins and sunflower seeds to bowl.
  - Optional: Add diced cucumber and tomato.
- 4. Combine all dressing ingredients in a small bowl or jar and mix well.
- 5. Toss cauliflower salad with vinaigrette dressing to taste.
- 6. Season with salt and pepper.
- 7. Serve and enjoy!





