



Shredded Cauliflower Salad

Prep time: 15 min

Serves 4

INGREDIENTS

Salad

- ½ head cauliflower
- 2 scallions, chopped
- ¼ cup raisins
- ¼ cup sunflower seeds
- ⅛ teaspoon salt
- Pepper to taste

Optional: ½ cucumber and ½ tomato, diced

Vinaigrette Dressing

- 1 clove garlic, minced (or ⅛ tsp powder)
- 1 tablespoon mustard
- 3 tablespoons vinegar (red wine suggested)
- ⅓ cup olive oil
- ½ teaspoon red pepper flakes

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

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!



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