

Cauliflower and Broccoli Salad

A colorful crunchy salad of cauliflower and broccoli florets, onion, and carrots tossed in a sweet poppy seed vinaigrette dressing
Yield:

8-12 servings

Ingredients:

1 head of cauliflower (about 2 pounds)
1-2 bunches of broccoli (about 1 pound total before trimming)
3 ribs celery, sliced (about 3/4 cup sliced)
1/2 red onion (or onion of your choice), sliced or chopped (about 3/4 cup sliced)
2 carrots, washed and thinly sliced
1/2 green bell pepper, chopped (optional)

Dressing Ingredients:

1/2 cup pure maple syrup*
2 teaspoons dry mustard powder**
1/2 cup light olive oil or oil of your choice
1 1/2 teaspoons salt
1/2 cup Balsamic vinegar
2 teaspoons poppy seeds

Instructions:

1.
Wash cauliflower, remove stem and solid "heart" and cut into bite-size florets. You should end with about 1 1/4 to 1 1/2 pounds of florets after trimming (or around 8 cups of florets).

2. Wash broccoli and cut into bite-size florets, ending with about 3/4 pound of florets (about 5-6 cups).

3. Place the cauliflower and broccoli florets, celery, onion, carrots, and pepper (if using) in a large bowl.

4. In a medium mixing bowl, combine the dressing ingredients and mix. Pour over veggies and toss to combine and coat.

Chill salad for a few hours or overnight in the fridge before serving.

This salad keeps in the fridge well for several days. If using red onions, this salad is most attractive within about 24 hours of being made, as the onions will “bleed” and lose their color after a while.



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This recipe is from Tammy's Recipes.