

Broccoli Stem and Cauliflower Leaf Salad

From the Public Health Seattle and King county

<https://your.kingcounty.gov/solidwaste/waste prevention/documents/too-good-recipe-Howie-broccoli.pdf>

Ingredients

- 4 tablespoon extra-virgin olive oil
- ½ teaspoon minced garlic
- ¼ cup broccoli stem, peeled, julienne sliced
- ¼ cup cauliflower leaves, julienne sliced
- 1 cup cauliflower florets, sliced, blanched for 45 seconds
- ¼ cup onion (sweet), diced
- ½ cup quinoa, cooked al dente
- ½ cup bell pepper (red, yellow, or orange), diced
- ¼ cup golden raisins
- 2 tablespoons lemon juice (fresh)
- 1 teaspoon lemon zest, fine minced
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons Italian parsley, fresh, chopped

Instructions

1. Cook the quinoa to al dente (1 part quinoa to 2 parts water, bring to boil, simmer about 15 minutes or until quinoa is cooked). Cool quickly and hold refrigerated until needed.
2. Cut the cauliflower and blanch in boiling water for 45 seconds.
3. Remove from the heat and rinse with cold water to chill quickly. Hold refrigerated until needed.
4. Mix all ingredients together, toss until well coated, place in the refrigerator and hold for 30-45 minutes, toss again to ensure even coating.
5. Garnish with an Italian parsley sprig. Serve.

Makes 4 servings

Nutrition information per serving

Calories: 291	Dietary Fiber: g
Total Fat: 16 g	Sodium: 55 mg
Saturated Fat: g	Protein: 7 g
Cholesterol: mg	Carbohydrates: 32 g