

Cool Cauliflower Salad

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=pr_hf_&page=NewsArticle&id=22540&news_iv_ctrl=1126

Ingredients

- 1 medium head cauliflower, broken into florets
- 1/2 cup celery, sliced into 1/2 inch pieces
- 1/4 cup of water
- 1 Tbsp. red wine vinegar
- 1 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1 Tbsp. extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 tsp. Italian seasoning
- 1/8 tsp. red pepper flakes
- Salt and freshly ground black pepper

Instructions

1. Steam cauliflower florets 6 to 7 minutes or until desired tenderness. In large bowl, combine cauliflower and celery.
2. In small mixing bowl, combine remaining ingredients. Whisk together to mix well. Pour dressing mixture over vegetable mixture and toss gently to thoroughly coat.
3. Cover and chill 2 or more hours. Serve chilled.

Makes 6 servings

Nutrition information per serving

Calories: 50	Dietary Fiber: 2 g
Total Fat: 2.5 g	Sodium: 55 mg
Saturated Fat:	Protein: 2 g
Cholesterol:	Carbohydrates: 6 g