
CAULIFLOWER & BEET SALAD

Total time: 20 minutes

4 cups small cauliflower florets
3 Tbsp extra-virgin olive oil, divided
1 tsp Dijon mustard
1 Tbsp red wine vinegar
¼ tsp kosher salt
8 cups mixed salad greens
1 cup diced cooked beets
¼ cup unsalted, roasted sunflower seeds

Preheat the oven to 450 degrees. Toss the cauliflower florets with 1 Tbsp of the oil on a rimmed baking sheet. Roast until lightly browned in spots 10-15 minutes. Remove and allow to cool. In a large bowl, whisk the mustard, vinegar and also with the remaining 2 Tbsp of oil. Toss the salad greens with the dressing. Top with the beets, cauliflower, and sunflower seeds. Serves 4 (3 ½ cups)

Calories: 210, Sodium: 240 mg, Total fat: 15 g, Carbs: 15 g Protein: 6 g, Fiber: 6 g

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