



### CAULIFLOWER & BROCCOLI SALAD

Recipe by Natural Gourmet Institute

SERVES 6-8

#### Ingredients:

- 1 tablespoon plus ½ teaspoon sea salt, divided
- 1 small head cauliflower,\* cut into bite-size florets
- 1 small head broccoli,\* cut into bite-size florets
- 1 large celery stalks, thinly sliced on a diagonal
- 1 bunch radishes,\* thinly sliced
- 4 scallions, thinly sliced
- 2 tablespoons apple cider vinegar
- 1 tablespoon chopped thyme leaves\*
- 2 teaspoons Dijon mustard
- 1 teaspoon honey\*
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- ¼ cup extra virgin olive oil

*\*Ingredients available seasonally at your neighborhood Greenmarket*

#### Procedure:

1. Bring a medium pot of water with 1 tablespoon sea salt to a boil. Add cauliflower and cook for 4 minutes, until just tender. Remove cauliflower and rinse under cold water. Drain; set aside.
2. Bring water back to a boil. Add broccoli and cook for 1 minute, until tender-crisp. Remove broccoli and rinse under cold water. Drain.
3. In a large bowl, combine cauliflower, broccoli, celery, radishes and scallions.
4. In a small bowl, whisk together apple cider vinegar, thyme, Dijon mustard, honey, black pepper and remaining ½ teaspoon sea salt. While continually whisking, stream in olive oil.
5. Toss salad with dressing and let sit for 30 minutes at room temperature before serving.

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