

When you buy a head of cauliflower it is nice to have a few recipes so you can use it up. Another hint is to boil the leftover cauliflower at the same time you are making the second salad then put it in a container and freeze it so it is ready to make a soup. Here are two awesome salads to make with fresh Cauliflower.

Cauliflower & Pea Salad

Ingredients needed:

- 2 cups raw cauliflower
- ½ cup raw quinoa
- ½ cup peas (frozen can be used)
- 2 tbsp finely chopped onion
- ½ finely diced red pepper
- ½ avocado diced
- 1 pear diced
- 2 tbsp poppy seed or sesame seed

Method: serves 2

Step 1: Preparing Raw Quinoa

- take the quinoa and soak in pure water overnight
- then drain the quinoa and rinse
- let it drain while you get the rest of the salad together



Step 2: Chop up your cauliflower into bite sized pieces and put into a large bowl

Step 3: Add the peas, onion, sweet peppers, poppy seeds, and drained quinoa

Step 4: Make the **Salad Dressing** below - put the following in your blender and blend until creamy:

- ½ cup lime juice (from fresh limes 2-3)
- ½ cup extra virgin olive oil
- ¼ cup diced pear
- 1-2 thin slices of ginger root (or 1 tsp powdered ginger)
- ½ tsp cinnamon
- 1 tbsp honey

Step 5: toss the salad with some dressing (leftover dressing will keep well in fridge for 3-5 days)

Step 6: just before serving add the diced pears and avocado and toss again slightly

Corn and Cauliflower Salad

Ingredients needed:

- 2 cobs of corn (put aside 2tbsp for dressing)
- 2 cups cauliflower
- 1 cup chopped Romaine lettuce
- ½ cup sweet white onion
- ½ cup thinly sliced celery
- 2 tbsp black sesame seeds



Method: serves 2

Step 1: cut the corn off the cobs and put aside

Step 2: in a bowl add the following: the cauliflower, the corn nibblets, celery, onion and sesame seeds and toss with the dressing below

Step 3: make the Lemon Carrot Salad Dressing – put into your mini blender and cream:

- ½ cup fresh lemon juice (1-2 lemons)
- ¼ cup extra virgin olive oil
- 2 tbsp sunflower seeds
- 1 tbsp CarrotJuiceMax

Step 4: put the lettuce in each person's individual salad bowl and drizzle with some dressing

Step 5: add 2-3 scoops of the cauliflower corn mixture and serve.