

ITALIAN CAULIFLOWER SALAD



SERVING SIZE

3



INGREDIENTS

ITEM

Cauliflower Florets
Olive Oil
Garlic Cloves, minced
Chopped Flat-leaf Parsley

QUANTITY

6 Cups
1½ Tbsp.
2
¼ Cup

ITEM

Capers
Fresh Lemon Juice
Red Pepper Flakes
Salt and Pepper

QUANTITY

3 Tbsp.
1½ Tbsp.
¼ Tsp.
To Taste



PREPARATION

- ✔ Steam or blanch cauliflower florets until just tender, about 4–5 minutes. Drain well.
- ✔ In a large skillet, heat olive oil over medium heat.
- ✔ Add garlic and cook for 30 seconds until fragrant.
- ✔ Add cauliflower to skillet, tossing gently to coat in garlic oil.
- ✔ Stir in parsley, capers, lemon juice, and red pepper flakes.
- ✔ Season with salt and pepper, toss again, and enjoy.