

Warm Cauliflower Salad with Vinaigrette

Ingredients

- 1 onion
- 2 medium-sized carrots
- ½ cauliflower head
- 1-2 cloves of garlic
- 1 lemon - zest and juice
- 4 tablespoons olive oil (2 for the skillet; 2 for the vinaigrette dressing)
- Salt and pepper

Directions

VEGGIES

- Chop onion and add to skillet.
- Chop or grate carrots and add to skillet.
- Remove stems and break cauliflower in smaller pieces into skillet.
- Press or chop garlic into the skillet.
- Add 2 tablespoons olive oil and stir.
- Fry on medium heat stirring occasionally until softened, about 10 minutes, then place the veggies in a bowl.

VINAIGRETTE

- Grate the peel off the lemon and add to small bowl. Only the yellow, not the white parts.
- Squeeze the juice of the lemon into the same bowl.
- Add 2 tablespoons oil.
- Stir well and add salt and black pepper to taste.

ASSEMBLE

- Mix veggies and vinaigrette. Eat warm or let it cool.
- Cover and place leftovers in the refrigerator. It will last for 5 days.



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To vary this recipe, replace, add or eliminate ingredients to your liking or according to what is in season.

SOME SUGGESTIONS

- Use other types of onion, such as silver, sweet or charlottes.
- Replace carrots with other root vegetables, such as parsnip, rutabaga, jicama, turnips, beets or fennel. You can also use potatoes or sweet potatoes.
- Lemon peel can be replaced or complemented with lime or orange.
- Lemon juice can be replaced with lime juice, red or white balsamic vinegar, rice, or apple vinegar.
- Replace olive oil with infused oil, such as lemon, chili or garlic olive oil. If you do not have olive oil, you can use any oil that you have or like.
- Add nuts such as pine nuts, walnuts, sunflower seeds or pumpkin seeds.
- Add cheese such as parmesan or feta. Feta cheese goes particularly well with beets.
- Add herbs and spices.
- Add some fresh or dried thyme, basil, oregano or mint. Fresh ginger would also taste fantastic.

TO MAKE IT A MEAL

Add protein, such as a can of rinsed beans (cannellini, garbanzo), or sausage, chicken or tuna.