

# Cauliflower Salad

## SALAD

- 1 head cauliflower
- 1 2.25oz. can sliced black olives
- ½ 12oz. jar banana pepper rings
- 1 bell pepper
- ⅓ cup diced red onion
- 2 Tbsp chopped dry or fresh parsley

## DRESSING

- ½ cup olive oil
- ¼ cup red wine vinegar
- 1 tsp Dijon mustard
- ¼ tsp garlic powder
- 1 Tbsp Italian seasoning
- Salt & pepper to taste
- Optional: 1-2 Tbsp nutritional Yeast



- Make the dressing first, so flavors have time to blend. In jar or bowl, combine olive oil, red wine vinegar, Dijon, garlic powder, Italian seasoning, salt, pepper, & Nutritional yeast if using. Whisk the ingredients together and set aside.
- Remove leaves & stem from cauliflower. Chop into very small florets (about the size of a grape). Place the chopped cauliflower in a large bowl.
- Drain the black olives & remove banana peppers from the jar. Add both to the bowl with the cauliflower.
- Dice the bell pepper and finely dice the red onion and parsley. Add them to the bowl.
- Pour the dressing over salad, then toss to combine. Refrigerate the salad for at least 30 minutes to allow the flavors to absorb. Stir again just before serving.

