



CAULIFLOWER-ARUGULA SALAD

Ingredients

Salad

- 5 oz arugula
- 1 cauliflower
- ½ cup chopped walnuts
- 15 oz cannellini beans (*optional*)
- 8 oz feta cheese (*optional*)

Dressing

- 1 TBSP dijon mustard
- 2 TBSP white vinegar
- 2 TBSP olive oil
- ½ tsp garlic powder
- 2 pinches sea salt
- 2 pinches ground black pepper

Instructions:

1. Preheat oven to 450° F. Cut up cauliflower into bite-size pieces. Spread cauliflower pieces on baking pan, and drizzle with olive oil. Sprinkle salt and pepper, then mix it all together.
2. Roast cauliflower in oven for about 15-20 minutes, depending on how roasted you like your cauliflower. We recommend golden colored, with brown tips for a little crunch (closer to 20 minutes).
3. Remove cauliflower from oven. Store separately if you will prepare the salad a few hours later. If serving immediately, continue below.
4. Empty all arugula in a large salad bowl. Add the cauliflower and the nuts.
5. Prepare the dressing by mixing all ingredients in a leak-proof container. Close lid, and shake to mix.
6. Pour the dressing over your fresh salad, and enjoy!

Add some protein!

- Vegan option: add cannellini beans
- Dairy option: add feta cheese
- Meat option: add grilled chicken