



ROAST CAULIFLOWER AND KALE SALAD

SERVES: 4 (1 cup salad with 1 Tbsp. dressing each) **Prep Time:** 10 min. **Cooking Time:** 25 min.

CONTAINER EQUIVALENTS (per serving): 2 ½ 1

FOR SALAD:

4 cups	cauliflower florets
1 pinch	sea salt (or Himalayan salt)
3½ cups	torn kale, stems removed
½ cup	thinly sliced red onion
½ cup	gorgonzola cheese (or crumbly blue cheese of choice, optional)
¼ cup	pine nuts

FOR DRESSING:

3 Tbsp.	extra-virgin olive oil
1 Tbsp.	red wine vinegar
1 Tbsp.	water
1 tsp.	Dijon mustard
1 clove	garlic, finely chopped
1 tsp.	chopped fresh tarragon
½ tsp.	sea salt (or Himalayan salt)
½ tsp.	ground black pepper

SPECIAL EQUIPMENT:

Olive oil cooking spray

1. Preheat oven to 425° F. Prepare two baking sheets with aluminum foil.
2. Add cauliflower to a medium- to large-sized bowl. Lightly coat cauliflower with spray and toss with a pinch of salt; spread on baking sheet. Spread kale on second baking sheet and lightly coat with spray.
3. Bake cauliflower for 25 minutes, or until golden brown and tender. Add kale to oven after 15 minutes and bake for 10 minutes.
4. While cauliflower is baking, whisk together oil, vinegar, water, mustard, garlic, tarragon, salt, and pepper in a medium- to large- sized bowl. Set aside.
5. Once cauliflower is cool enough to handle, toss with kale, onion, and dressing; top with cheese (if desired) and pine nuts.
6. Serve immediately, or store refrigerated in an airtight container for up to 3 days.

RECIPE NOTE:

If you forego the cheese, the containers for this recipe are 2 1

NUTRITIONAL INFORMATION (per serving): **Calories:** 240 **Total Fat:** 20 g **Saturated Fat:** 5 g **Cholesterol:** 12 mg **Sodium:** 261 mg **Carbohydrates:** 10 g **Fiber:** 4 g **Sugars:** 3 g **Protein:** 7 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.