

Creamy Cauliflower Salad

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template approved



prep time
10 minutes



total time
30 minutes



servings
4



Ingredients

- 1 large head cauliflower ~4 veggie servings (could be more depending on how large your cauliflower is)
- 1/2 tbsp olive or avocado oil
~1/2 fat serving
- 4 strips of bacon ~4 fat servings and
~4 protein servings
- 3/4 cup celery finely chopped
~1 veggie serving
- 1/4 cup red onion finely diced
~1/2 veggie serving
- 3 tbsp chives finely chopped
- 3 tbsp parsley finely chopped

Dressing

- 3/4 cup mayonnaise (either store bought with template compliant ingredients or you can use **THIS** recipe) ~12 fat servings
- 1 tbsp chopped pickles
- 1/2 tsp dijon mustard
- 1/4 tsp salt
- 1/2 tsp pepper
- 1 tsp apple cider vinegar

 simple side dish

Instructions

- 1 Preheat the oven to 350 degrees Fahrenheit
- 2 Cut the head of cauliflower into small bite sized florets and place on a baking sheet. Drizzle the cauliflower with oil and bake in the oven for 20 minutes until the cauliflower is tender and slightly golden in colour.
- 3 While the cauliflower is baking, fry the bacon in a pan on the stove. Once it's crisp, roughly chop it into small bite sized pieces.
- 4 In a food processor or using a hand blender combine the mayonnaise, pickles, dijon mustard, vinegar salt and pepper and blend until the pickles are broken into small pieces. Taste and adjust the seasoning as needed.
- 5 Once the cauliflower is tender, remove from the oven and allow to cool before transferring to a salad bowl.



- 6 Top with the chopped bacon, red onion, celery, parsley and chives. Pour the dressing over top and toss until well coated

Whole Recipe Serving Breakdown:
4 servings protein
0 servings carb
16.5 servings fat
5.5 servings veggies

