

Roasted Cauliflower Salad With Dates and Golden Raisins

Yield: 8 servings

Ingredients

2 each cauliflower heads; cut into florets
¼ cup olive oil
2 tablespoons balsamic vinegar
2 cups dates; pitted, sliced thin
1 cup golden raisins
1 cup flat leaf parsley; finely chopped
½ teaspoon kosher salt
¼ teaspoon black pepper; ground

Instructions

1. Preheat oven to 375 degrees.
2. Toss cauliflower with olive oil and roast until a bit brown and crispy, about 30 minutes.
3. Remove from oven and drizzle vinegar on hot cauliflower.
4. Let cool; then toss with dates, raisins, parsley, salt, pepper and a bit more olive oil if needed.

Nutrition Information

Serving Size: ½ cup
Calories: 109
Total Fat: 2.5 g
Saturated Fat: 0.3 g
Monounsaturated Fat: 0.0 g
Sodium: 54.2 mg
Total Carbohydrate: 22.4 g
Dietary Fiber: 2.6 g
Sugars: 19.3 g
Protein: 1.3 g

Source: Souper Jenny Does Salads



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