



Cauliflower Salad



Oregon State
University

Ingredients

- 4 cups mixed cauliflower and broccoli florets (fresh or frozen)
- 1 cup celery, diced
- 1/2 cup onion, diced
- 1/4 cup sweet bell pepper, any color, seeded and chopped (about 1/2 a small pepper)
- 1/3 cup light mayonnaise
- 1/3 cup nonfat plain yogurt
- 1 Tablespoon prepared mustard
- 1/8 teaspoon each salt and pepper
- 1/4 teaspoon dried dill weed

Directions

1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
4. Stir dressing gently into salad. Chill before serving.
5. Refrigerate leftovers within 2 hours.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. 2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

Makes: 5 cups
Prep time: 20 minutes

Nutrition Facts

Serving Size about 1/2 cup (111g)
Servings Per Container 10

Amount Per Serving

Calories 60 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 190mg **8%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 2g

Vitamin A 6% • Vitamin C 70%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4