



# JERSEY TASTES!

## RECIPES

### Fall for Cauliflower Salad

## INGREDIENTS:

### FAMILY-SIZE

**SERVES: 8**

**PORTION SIZE: 3/4 CUP**



- 1 medium size Cauliflower  
*(For color use 1/2 head of purple & 1/2 head of white)*
- 1/4 cup plus 2 tablespoons Honey
- 1/2 teaspoon Dry Mustard
- 1/2 teaspoon Paprika
- 1.5 tablespoons Apple Cider Vinegar
- 1/4 cup plus 2 tablespoons Vegetable Oil
- 2 each medium Peaches, diced
- 1/4 cup Basil or Cilantro, chopped  
*(Be creative & try a combination of both herbs!)*
- 3/4 cup or 6 oz. Raspberries or sliced Strawberries

**Fun Fact:**  
Did you know cauliflower can be white, purple, orange or green?

Check out recipe video:

## DIRECTIONS:

- 1 Cut cauliflower into florets.
- 2 Combine in a blender, chopper or mixer honey, dry mustard, paprika & vinegar.
- 3 Gradually add oil, beating constantly until mixture thickens.



### SCHOOL FOOD SERVICE

**# PORTIONS: 24**

**PORTION SIZE: 1/2 CUP**



- 2 medium size Cauliflower  
*(For color use 1 head of purple & 1 head of white)*
- 3/4 cup Honey
- 1 teaspoon Dry Mustard
- 1 teaspoon Paprika
- 3 tablespoons Apple Cider Vinegar
- 3/4 cup Vegetable Oil
- 4 each medium Peaches, diced
- 1/2 cup Basil or Cilantro, chopped  
*(Be creative & try a combination of both herbs!)*
- 1.5 cups or 12 oz. Raspberries or sliced Strawberries



**Portion Size: 1/2 cup = 1/2 cup Veg/Other**

- 4 Add dressing to cauliflower & coat.
- 5 Gently fold in peaches, herbs & raspberries or strawberries into salad. Chill.

