

# Cauliflower Salad Recipe

Cauliflower Salad is a flavorful, colorful and satisfying way to use up leftover roasted cauliflower!

Course Main, Salad, Side Dish  
Cuisine American, Western  
Keyword cauliflower salad recipe  
Prep Time 8 minutes  
Total Time 8 minutes  
Servings 6  
Calories 122 cal

## Ingredients

### Cauliflower Salad:

- 1 small head of cauliflower cut into florets and roasted
- 12 grape tomatoes halved
- 1 red bell pepper de-seed and finely sliced
- 2 radishes quartered
- 2 green onions (scallion's/spring onions), finely sliced
- 2 tbsp. almonds

### Almond Butter Dressing:

- 1/4 cup (120 ml) almond butter
- 1/4 cup (120 ml) water or more as needed
- 1/4 (60 ml) cup lemon juice
- 1 garlic clove minced
- low carb, vegan sweetener of choice to taste
- Salt
- Black pepper

## Instructions

### If you are starting with fresh cauliflower:

Preheat oven to 450F / 230C / gas 8 (or preheat air fryer to 400F/200C)

1. Cut fresh cauliflower into pieces and mix the florets with oil and salt.
2. Place cauliflower on baking sheet and roast in pre-heated oven for 20 mins. turning at least one during cook time.
3. Or, cook in your air fryer at 400F / 200C for 12-14 mins.
4. Allow cauliflower to cool completely before adding to a bowl and combining with rest of the ingredients.

## Nutrition

Calories: 122kcal | Carbohydrates: 11g | Protein: 5g | Fat: 8g | Saturated Fat: 1g | Sodium: 34mg | Potassium: 521mg | Fiber: 4g | Sugar: 4g | Vitamin A: 944IU | Vitamin C: 78mg | Calcium: 72mg | Iron: 1mg

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