



Warm Cauliflower Salad

1 cauliflower head, cut into florets
2 Tablespoons extra virgin olive oil
1/2 teaspoon sea salt
1/3 cup julienned red onion
1 cup cherry tomatoes, halved
3 ounces Manchego cheese, diced
2 Tablespoons rice wine vinegar
3 Tablespoons extra virgin olive oil
Pinch of sea salt
2 cups arugula
1/4 cup chopped Marcona almonds

Heat the oven to 400 degrees F

Mix cauliflower florets with 1/8 cup olive oil and 1/2 teaspoon salt, place on a foil-lined cookie sheet, and roast until well caramelized, about 30 minutes.

In a large salad bowl, combine the onion, tomatoes, and cheese with rice wine vinegar, 3 tablespoons olive oil, and a pinch of sea salt. Set aside.

Let the cauliflower cool for 10 minutes, then add to onion mixture and toss. Garnish with arugula and almonds.

Yield: Serves: 4-6 Time: 1 hour

Recipe by: Chef Sarah Grueneberg

Sarah Grueneberg from Monteverde restaurant loves cauliflower for its versatility. “It’s great raw, blended, or roasted,” she says. “Like a blank canvas.”

For More Information See:

<http://www.chicagomag.com/video/In-the-Kitchen/2016/Cauliflwer/>

Cook’s Note: I used a white cauliflower but Chef Sarah also uses Romanesco. I also used smoked almonds in place of Marcona almonds.

About the Recipe: This vegetable combines with delicious arugula greens and almonds to create a vegetable salad that is perfect to serve with pasta dishes. Roasted cauliflower adds a warm delicious flavor.