



Superstar Waldorf Cauliflower Salad

Packed with good-for-you nutrients

1 medium head cauliflower cut into bite-size florets about 6 to 7 cups

Olive oil nonstick spray or 3 tablespoons extra virgin olive oil

1/2 teaspoon salt or to taste

1/4 teaspoon ground black pepper or to taste

2 cups cooked red quinoa, warm

2 to 3 Tablespoons butter; melted

Preheat oven to 425 degrees F. Line shallow jelly-roll baking pan with nonstick baking pad or foil liner and lightly spray with cooking spray.

Prepare Cauliflower: Cut the small florets from the cauliflower; slice any large florets into smaller pieces. Place florets evenly in shallow baking pan; spray generously with olive oil; season with salt and black pepper.

Roast Cauliflower: Place in preheated 425-degree F. oven for 15 minutes; remove from oven; turn and toss florets; spread into even layer; spray generously with olive oil spray; return to oven; continue roasting for 10 to 15 minutes or until florets are fork tender and have slightly charred edges. Remove from oven.

Combine Quinoa with Roasted Cauliflower: Place warm quinoa and melted butter in large bowl; toss to coat; toss in roasted cauliflower; season to taste with salt and black pepper. Set aside to stay warm.

Waldorf Salad

2 red apples, cored, chopped

1 cup chopped celery

1/2 Tablespoon lemon juice

1 teaspoon maple syrup

3 to 4 Tablespoons mayonnaise

Salt and black pepper to taste

3 to 4 Tablespoons chopped parsley or cilantro

1/2 cup glazed walnuts or Balsamic walnuts (see attached recipe)

Prepare Waldorf Salad: In medium sized bowl, stir together apples, celery, lemon juice, and 1 teaspoon maple syrup, mayonnaise. Season to taste with salt and black pepper. Stir in chopped parsley or cilantro.

To Serve: Place roasted cauliflower quinoa mixture in center of large platter; spoon chilled apple waldorf salad around the edges of cauliflower. Place glazed walnuts over the apple waldorf salad. Serves: 4 to 6
It can also be combined and served in a large bowl.

Directions for Balsamic Glazed Walnuts:

1/4 cup maple syrup

1/2 Tablespoon balsamic vinegar

1/2 cup walnut halves

In small saucepan, place 1/4 cup maple syrup and 1/2 Tablespoon balsamic vinegar; cook to boiling over medium heat for 5 minutes.

Toss in 1/2 cup walnuts halves. The mixture will start to bubble. Cook for 2 or 3 more minutes or sauce thickens glazing walnuts. Remove to lightly greased plate to cool. move nuts while cooling. Cool completely before using.

About the Recipe: Red quinoa, a health food superstar, is high in fiber and protein. It also has a nutty flavor and crunch-like texture. In this salad, it combines with roasted cauliflower, that's packed with good-for-you nutrients. Add some autumn crisp apples and crunchy celery for a delicious and healthy salad to serve as a side dish or main course.