



## **Caramelized Cranberry Cauliflower Salad**

*Make ahead healthy holiday salad*

1/2 large white cauliflower head  
1 Tablespoon olive oil  
1 large garlic clove, coarse chop  
1/4 cup coarse chopped parsley  
1-1/4 cup fresh cranberries  
1 Tablespoon olive oil  
1/2 teaspoon sea salt or to taste  
1/4 teaspoon ground black pepper or taste  
2 to 4 Tablespoons coarsely chopped pistachios, divided  
Coarse chopped kale leaves as desired

**Before Starting:** Lightly grease foil lined baking pan.

**Lightly Brown Cauliflower Florets:** Trim the leaves and hard stem. Break cauliflower into pieces; toss lightly with oil. Arrange cauliflower florets on greased baking pan. Broil under broiler 5 minutes to partially cook and caramelize tips of cauliflower. Remove from oven; set aside to cool.

**Process Ingredients:** Place garlic, parsley, and cranberries in food processor; pulse until small pieces. Add cooled cauliflower pieces; pulse to small relatively uniform pieces.

**Stir in Seasoning:** Add 1 Tablespoon olive oil, salt, and black pepper. Process until fine particles. Fold 1 Tablespoon chopped pistachios into cauliflower.

**To Serve:** Line a serving bowl with a small amount of torn kale leaves; place cauliflower rice in center; sprinkle top with remaining chopped pistachios. Serves: 4

**Recipe Inspired by:** The Wahls Protocol Cooking for Life by Terry Wahls, M.D.

**Cook's Note:** I expected this dish to be very tart, but the flavor was lightly tart and herb flavored. I loved the idea that I could serve it warm, at room temperature, or even cold.

**About the Recipe:** Lightly caramelized cauliflower florets add a sweet flavor to the fresh chopped cranberries. Whizzed together in a processor with olive oil, herbs, and seasoning makes it easy to prepare. It can be served warm, at room temperature, or even chilled. Swirled with bits of parsley, the cranberry cauliflower makes a dramatic “pink rice” appearance, creating a healthy holiday salad.