

Roasted Cauliflower Salad

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 head cauliflower, cut into bite size pieces
- 5 tbsp extra-virgin olive oil
- 1/2 cup pecans, chopped
- 1/3 cup fresh flat-leaf parsley, chopped
- 1/3 cup dried unsulfured cranberries
- 1/2 cup chopped celery

DRESSING

- 1/4 tsp ground cinnamon
- 1/4 tsp ground allspice
- 1.5 tbsp apple cider vinegar
- 1 tbsp maple syrup
- 1 tsp sea salt
- 1/4 cup extra virgin olive oil

Instructions:

1. Preheat oven to 350F degrees.
2. Mix cauliflower with olive oil and sea salt. Spread out on a roasting pan or cookie sheet. Bake on top oven rack for 25 minutes or until fork tender and golden brown. Transfer to a large mixing bowl and set aside to cool.
3. Decrease temperature of oven to 325 F degrees. Spread pecans on to a baking sheet lined with parchment paper and roast for 10-15 minutes.
4. Allow the nuts to cool slightly, then coarsely chop. Combine salad dressing ingredients in a small bowl. Add to the cauliflower with all the remaining ingredients. Serve at room temperature.
5. Drizzle with a little extra olive oil just before serving.

Notes:

Serves 4. Eat warm or chilled the next day. Option: Add 1 cup of canneellini or navy beans for some more protein.