

Cauliflower-Broccoli Salad with Peanut Dressing

Swick

Makes 3 servings | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Suggested adult serving: 3 cups

Store any leftover salad in an airtight container in the refrigerator for up to 2 days.

RECIPE TIPS

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Step 1: Make Salad Fixings

- 9 oz fresh or frozen cauliflower florets (≈2 1/4 cups)
- 5 2/3 oz fresh or frozen broccoli florets (≈2 1/4 cups)
- 1 1/2 (15-oz) cans chickpeas drained & rinsed (≈2 1/4 cups)
- 1 1/2 carrots sliced (≈3/4 cup)
- 3 oz cucumbers sliced (≈3/4 cup)
- 1/3 red onion sliced (≈1/3 cup)
- 1 1/2 tablespoons peanut butter
- 1 1/2 tablespoons brown rice vinegar
- 1 1/2 tablespoons pure maple syrup
- 1 tablespoon tamari
- 3/4 teaspoon hot sauce
- 1 1/2 tablespoons fresh mint (optional) torn

Bring a pot of water to boiling. Add cauliflower and broccoli. Cook 2 minutes. Drain and plunge vegetables into a bowl of ice water to stop cooking. Drain again.

MAKE SALAD

In a bowl, combine cauliflower, broccoli, beans, carrots, cucumber, and red onions.

PREPARE DRESSING

In a bowl, whisk together peanut butter, vinegar, maple syrup, tamari, and hot sauce.

Add dressing to salad and toss to combine. Season with salt and pepper to taste. Garnish with fresh mint, if desired. Serve alongside sliced baguette.