



Favourite Recipes from our Members

Broccoli Cauliflower Salad

This recipe for broccoli cauliflower salad is a nice basic dish. I have included 2 popular easy dressing recipes usually added to this dish

For the creamy dressing if you use yogurt rather than mayonnaise it can be a little bland, so I would suggest adding some fruit and/or nuts to complement it.

For the oil based dressing you can use any oil you prefer such as olive or canola. Any flavour of vinegar will do fine as well

Ingredients:

2 cups broccoli flowerettes
2 cups cauliflower tops-chopped
1/2 cup chopped red onion
2-4 hard boiled eggs-peeled and chopped
1 chopped bell pepper

Dressing-Creamy:

1 cup mayonnaise or yogurt, or mix 50/50
1/4 cup vinegar
1/4 cup sugar

Dressing-Oil Based:

1/2 cup salad oil

2-4 tbsp. wine vinegar

1/2 tsp. basil

salt to taste

Dressing-Other:

Use your favourite bottled dressing such as Ranch or Italian.

Cut broccoli and cauliflower heads into bite size pieces. Add all other ingredients and mix in dressing. Refrigerate salad for a few hours before serving.