



Favourite Recipes from our Members

Crunchy Cauliflower Salad with Cheddar

Serve this bright and refreshing salad with fresh bread or grilled pita.

- 1/3 cup (75 ml) plain yogurt, or Sour Cream
- 1/3 cup (75 ml) mayonnaise
- 2 tbsp (30 ml) freshly squeezed lemon juice
- 1/2 tsp (2 ml) paprika
- Salt and pepper, to taste
- 2 cups (500 ml) small cauliflower florets
- 1 cup (250 ml) small broccoli florets
- 1-1/2 cups (375 ml) strips grilled or cooked chicken breast
- 1-1/2 cups (375 ml) cherry tomatoes, cut in half
- 1 cup (250 ml) shredded old Canadian Cheddar cheese
- 1/3 cup (75 ml) thinly sliced red onion

Preparation:

In a large bowl, combine the yogurt, mayonnaise, lemon juice, paprika and salt and pepper to taste.

Add cauliflower, broccoli, chicken, tomatoes, cheese and red onion. Toss gently to coat. Let stand a few minutes before serving.

Tips:

If you prefer gently cooked vegetables instead of raw, blanch the cauliflower and broccoli in a large pot of boiling, salted water for about 2 minutes. Drain well and let cool before adding to salad. Or, use frozen vegetables. Just thaw, drain well and pat dry.