

Purple Cauliflower Salad

Yield: 12 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/green-cauliflower-recipe-indian>

Ingredients:

- 1 head cauliflower purple
- 1 head green cauliflower
- 1 cup sunflower seeds chopped, or chopped toasted walnuts
- 2/3 cup golden raisins can use dried cranberries
- 4 bunches scallions
- 1 cup vinaigrette walnut, see recipe below
- sea salt
- pepper
- red pepper flakes as needed
- vinaigrette !Walnut, or Champagne Vinaigrette found here
- 2 cloves garlic minced
- 2 tablespoons Dijon mustard
- 6 tablespoons vinegar walnut, Order Here, can use white vinegar or champagne vinegar
- 6 tablespoons extra virgin olive oil
- 6 tablespoons walnut oil Order Here
- 2 teaspoons red pepper flakes

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 21 grams
3. Fat: 20 grams
4. Fiber: 5 grams
5. Protein: 6 grams
6. SaturatedFat: 2 grams
7. Sodium: 110 milligrams
8. Sugar: 10 grams

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