

Caramelized Cauliflower, Red Pepper & Quinoa Salad

Adapted from: Erin Alderson (*Naturally Ella*)

Prep time: 15 minutes
Cook time: 30 minutes

Total time: 45 minutes
Serves: 4-6



Ingredients

1 small head cauliflower
1 tbsp. EVOO
salt to taste
2 red peppers
½ cup quinoa
½ cup cilantro
3 tbsp. EVOO

3 tbsp. lime juice
2 tbsp. honey
Optional:
green onions
goat cheese
pumpkin seeds

Instructions

1. Preheat oven to 425°F. Cut cauliflower into bite-size florets. Toss with olive oil and salt. Place on a baking tray along with whole red peppers. Roast, turning/stirring occasionally, until cauliflower is caramelized and peppers charred: 25-35 minutes. Remove from oven and let cool slightly. Dice roasted red pepper.
2. Rinse quinoa and combine with 1 cup water in a medium pot. Bring to a boil, reduce to a simmer, and cook for until water is almost fully absorbed, about 12-15 minutes. Remove from heat, cover and let sit until remaining water is absorbed.

3. Combine quinoa, cauliflower, and roasted red pepper in a bowl. Mince cilantro and add to quinoa mixture.
4. To make dressing, combine olive oil, lime juice, and honey in a jar with liquid. Shake until combined. Pour on salad and toss until combined.