



# Curried Cauliflower Salad

A crunchy salad using fresh, uncooked cauliflower that comes together in a snap!



4 servings



15 minutes

## INGREDIENTS

½ cup mayonnaise (regular or nonfat)  
1 tablespoon of fresh squeezed lemon juice  
½ teaspoon curry powder (more to taste)  
1 teaspoon (or more) of your favorite mustard  
2 cups cauliflower, broken into flowerets  
1 carrot, diced  
Large handful of mixed greens)

## DIRECTIONS

1. Stir together mayonnaise, lemon juice, curry and mustard
2. In a small bowl, mix vegetables
3. Spoon dressing over vegetables and chill for one hour
4. serve over a plate of mixed greens.