



UNIVERSITY OF DELAWARE
**COOPERATIVE
EXTENSION**

Cauliflower Salad

Servings

6 servings

Ingredients

- 1 head cauliflower (trimmed and cut)
- $\frac{3}{4}$ cup mayonnaise
- 1 tablespoon mustard
- 1 teaspoon salt
- pepper to taste
- 1 onion (chopped)
- $\frac{3}{4}$ cup green peas
- $\frac{1}{4}$ cup dill pickles (chopped)



Directions

1. In a large bowl, whisk together the mayo, mustard, salt and pepper.
2. Add the cauliflower, onion, peas, and pickles to the dressing and stir until well coated
3. Cover and refrigerate for at least 2 hours

Nutrient content per serving

- Calories- 119cals
- Carbs- 10g
- Protein- 3g
- Fat- 8g
- Sodium- 710mg
- Fiber- 3g

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