

SALADS

Cauliflower Salad

Makes 2 servings · about 1 cup each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 3 g · Fiber 4 g · Calories 130	

Ingredients

- ½ head cauliflower, cut into small florets
- 1 mini bell pepper, chopped
- 2 Tbsp red onion, diced
- 1 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp apple cider vinegar

Directions

1. Mix all ingredients together.
2. Chill before serving.

Note: Optional add-in: sunflower seeds.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Cauliflower Salad

Makes 2 servings · about 1 cup each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ ½ head cauliflower small florets
- ☐ 1 mini bell pepper
- ☐ 1 medium red onion (about ⅓ cup diced)

PANTRY & DRY GOODS

- ☐ 1 Tbsp Dijon mustard

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Honey
- ☐ Apple cider vinegar