



Broccoli Cauliflower Salad

SERVINGS: 6

PREPPING TIME: 20 MIN

COOKING TIME: 0 MIN

INGREDIENTS

- 1 broccoli head, cut into small florets
- 1 cauliflower head, cut into small florets
- 2 oranges, peeled and segmented (optional)
- ½ onion, minced (may use leeks)
- ½ cup chopped kale
- ½ cup avocado oil mayo (Primal Kitchen is a great brand)
- 2 TBSP fresh lemon juice
- 2 TBSP red wine vinegar
- ¼ cup extra virgin olive oil
- Salt and pepper
- 1 -2 pkts stevia
- Fresh garlic- 3 to 4 cloves, minced

DIRECTIONS

1. In a bowl, combine the mayo, lemon juice, red wine vinegar, olive oil, salt, pepper, and garlic.
2. Whisk until everything is well-emulsified.
3. Place the cauliflower, broccoli, oranges, onion, and kale in a large salad bowl.
4. Pour the dressing over and gently toss everything until well combined.
5. Refrigerate covered for 30 minutes or more before serving.