



Cauliflower Salad

Grandma Graue turned **fit50.com** co-founders Chad and Katie Graue on to this fresh, light, colorful recipe which makes a great dish for any summer cookout. You'll enjoy the fresh veggies combined with the sharp taste of the lemon and vinegar based dressing. This is "low-cal" but not dull on taste, and makes for another fit50 recipe that provides a nice dose of heart-healthy monounsaturated fats.

Ingredients

¼ cup black olives, sliced
¾ cup green pepper, diced
2 tsp salt
3 TBSP lemon juice
½ cup canola oil

4 cups cauliflower
½ cup red onion, diced
1 tsp pepper
3 TBSP vinegar

Directions

- Combine olives, peppers, cauliflower and red onion in a large bowl
- Combine canola oil, salt, lemon juice, pepper and vinegar in a small bowl, whisk to combine
- Pour dressing over vegetable ingredients and toss.
- Serve at room temp or refrigerate and serve
- Makes 6 portions

The Data (per serving)

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|-------------------|---------------|-----------------|
| Calories: 100 cal | Carbs: 6.5 gm | Total Fat: 8 gm |
| Protein: 2.5 gm | Fiber: 1.5 gm | Sat. Fat: 1 gm |