

Cauliflower Quinoa with Cumin Honey Dressing



Utensil:

Saladmaster Food Processor
1 Qt./0.9 L Sauce Pan with Cover
3 Qt./2.8 L Sauce Pan with Cover
medium mixing bowl
large mixing bowl

Rate Recipe:

Select rating Give Cauliflower Quinoa with Cumin Honey Dressing
1/5 Give Cauliflower Quinoa with Cumin Honey Dressing 2/5
Give Cauliflower Quinoa with Cumin Honey Dressing 3/5
Give Cauliflower Quinoa with Cumin Honey Dressing 4/5
Give Cauliflower Quinoa with Cumin Honey Dressing 5/5

Contributed By:

Isis Israel
Authorized Saladmaster® Dealer
[Write a Review](#)

1 ¹/₃
cup
water
(420
mL)
1
cup
quinoa
(170
g) ¹/₂
head cauliflower, processed, use Cone #3
2
oranges
2
teaspoons
lemon juice
(10
mL)
2

tablespoons

olive oil

(30

mL)

1

teaspoon

cumin

(5

mL)

1

tablespoon

honey

(15

mL)

3

spring onions, sliced, use Cone #4

¹/₂

cup

raisins or dried cranberries

(73

g)

¹/₄

cup

kalmata olives

(34

g)

¹/₂

cup

almonds, roughly chopped

(54

g)

salt and pepper, to taste

handful fresh parsley, to garnish (optional)

Directions:

1. In 3-quart sauce pan cook quinoa and water according to package directions.
2. Rinse cauliflower thoroughly; do not dry. Place in a 1-quart sauce pan over medium heat and cover. When Vapo-Valve? clicks, turn heat to low and cook until tender-crisp, approximately 7 minutes.
3. Meanwhile, in small bowl, juice half an orange and combine with lemon juice, olive oil, cumin and honey to form a salad dressing.
4. Peel the remainder of the oranges and cut into segments.
5. In a large salad bowl, combine quinoa, orange segments, cauliflower, spring onions, raisins, olives and almonds.
6. Pour salad dressing over mixture and toss to coat. Season to taste with salt and pepper. Scatter parsley over top and serve.

Tips:

- Can use half raisins and half dried cranberries

Nutritional Information per Serving

Calories:

325

Total Fat:

13g

Saturated Fat:

1g

Cholesterol:

0mg

Sodium:

242mg

Total Carbs:

48g

Dietary Fiber:

8g

Sugar:

18g

Protein:

9g