

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

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Recipe:

Contributed By:

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Authorized Saladmaster® Dealer

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1 $\frac{1}{3}$ cup
water
(420
mL)
1 cup
quinoa
(170
g)
 $\frac{1}{2}$ 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)

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 48g
Carbs:
Dietary Fiber: 8g
Sugar: 18g
Protein: 9g