



Makes 6 cups
Preparation Time: 30 minutes
Cook Time: 30 minutes

INGREDIENTS:

SALAD

6 ounces dry whole-grain elbow macaroni

2 cups green beans, cut into ½-inch dice (12 ounces)

2 medium carrots, peeled and cut into ½-inch dice (1 cup)

2 cups chopped romaine lettuce (½-inch pieces)

1 cup roughly chopped red cabbage

1 cup halved cherry tomatoes

½ cup red onion, cut into ¼-inch dice

¼ cup finely chopped fresh parsley

2 whole pepperoncini, sliced (optional)

DRESSING

1 cup 1-inch raw cauliflower florets (about 4 ounces)

¼ cup almond flour

3 tablespoons nutritional yeast

1 tablespoon white wine vinegar

1 teaspoon garlic powder

½ teaspoon Italian seasoning

¼ teaspoon yellow mustard

¼ teaspoon sea salt

⅓ teaspoon dried marjoram

Freshly ground black pepper

Chopped Veggie Salad with Pasta and Creamy Cauliflower Dressing

A delicious mashup of macaroni salad and chopped vegetable salad, this colorful dish gets coated with a creamy herbed dressing made with pureed raw cauliflower.

https://www.youtube.com/watch?v=IR_W3mKkCvU

By Darshana Thacker Wendel

- 1 Bring a large pot of water to a boil. Add pasta, and cook according to package directions. Five minutes before you expect the pasta to be done, add green beans and carrots to the pot. Return water to a boil, and continue to cook until pasta and veggies are tender. Drain and transfer pasta, green beans, and carrots to a large serving bowl.
- 2 To make the dressing, in a blender, combine the cauliflower, almond flour, nutritional yeast, vinegar, garlic, Italian seasoning, mustard, salt, marjoram, pepper, and 1 cup of water. Blend 5 to 7 minutes or until smooth.
- 3 Transfer the dressing to a saucepan and cook on medium heat for 4 to 5 minutes to thicken. Remove pan from heat and let dressing cool.
- 4 Add the dressing, lettuce, cabbage, tomatoes, and onion to the pasta mixture, and toss to coat.
- 5 Garnish with parsley and pepperoncini (if using) right before serving.