



## **Roasted Cauliflower Salad**

### **Ingredients**

- 1 cup black or green lentils, uncooked
- 1 head of cauliflower, cut into 1-2 inch florets
- 2 tablespoons olive oil
- ¼ teaspoon cumin
- ¼ teaspoon cinnamon
- 2 garlic cloves, minced
- Pinch of cayenne
- Salt & Ground Pepper, to taste
- 2 tablespoons tahini
- 4 tablespoons lemon juice
- 1 teaspoon maple syrup
- 10 Medjool dates, pitted and chopped
- ½ small red onion, chopped
- 4 cups loosely packed dark leafy greens such as spinach, romaine, chard, kale, or collards

### **Directions**

1. Pre-heat oven to 425°. In a saucepan, combine the lentils with 2 cups of water and bring to a boil. Simmer over moderate heat until tender, about 20 minutes. Drain well and let cool.
2. Place cauliflower, oil and spices (cumin, cinnamon, garlic powder, cayenne, salt and pepper) into a large bowl and toss. Spread mixture on a large baking sheet or stone and roast for 20 minutes or until the cauliflower has browned and become tender. Be sure to toss the cauliflower at least once while roasting.
3. In a bowl, whisk the tahini with the lemon juice, maple syrup, and 2 tablespoons of water until smooth. Add the lentils and season with salt and pepper; toss to coat. Add roasted cauliflower into the bowl. Then add your dates, red onion and spinach. Toss the salad a bit, plate and serve.

**Yield: 4 Servings**

## **Nutrition Information**

**Per serving:** Calories: 525; Total Fat: 12g; Saturated Fat: 2g; Monounsaturated Fat: 5g; Cholesterol: 0mg; Sodium: 379mg; Carbohydrate: 93g; Dietary Fiber: 26g; Sugar: 48g; Protein: 20g

Potassium: 1722mg; Vitamin A: 60%; Vitamin C: 182%; Iron: 35%; Calcium: 33%

Source: <http://www.eatingbirdfood.com/2014/03/best-roasted-cauliflower-salad/>

*Recipe provided by former chef and oncology nutritionist Elise Cushman, MS, RDN, LD, CSO, with the Norris Cotton Cancer Center at Dartmouth-Hitchcock.*