

Chilled Kale and Roasted Cauliflower Salad

Fresh roasted cauliflower florets and chopped kale are combined with sweet onion and garbanzo beans to create a light and tasty main-dish salad tonight. The salad ingredients are tossed with a delicate honey mustard dressing and chopped fresh mint leaves.

Add a small baguette or warm pita bread and some fresh fruit as a finish and you're good to go.

Preparation time: 40 minutes (plus 1 hour to chill) - Serves: 4

Prep Your Ingredients!

Basic Ingredients

Prep and organize all items before you start cooking. Salads are super easy when you're well organized. Make this salad early in the day so it has lots of time to chill.

Roasted Cauliflower/Tempeh

Roasted Cauliflower:

2 tsp. olive oil
1 small head cauliflower (washed, trimmed and cut into bite-sized pieces)

Toasted Tempeh:

1 package Smoky Tempeh (browned and chopped) - use 3 strips today

Dressing for Salad

2 T. olive oil
1/2 C. low-sodium vegetable broth
1/2 tsp. Dijon mustard
1/2 tsp. honey
1 tsp. low-sodium soy sauce
2 T. balsamic vinegar

Additional Items

1 small baguette
- or -
Warm pita bread (one 6" whole-wheat round per diner or 1 warmed baguette

10 fresh strawberries or 1 fresh nectarine

Kale/Cauliflower Salad

Kale Salad Ingredients:

1 clove garlic (smashed and chopped)
2/3 C. sweet onion (thin sliced, quartered)
1 bunch curly green kale (stems removed and discarded and leaves chopped - a food processor works well)

1 C. canned garbanzo beans (drained and rinsed)
2 tsp. fresh mint leaves (chopped)
2 T. fresh basil (chopped)

Preheat oven to 400°

Let's Prep, Cook, and Plate This!

Basic Assembly Instructions

Roast the cauliflower and brown the tempeh first. Give yourself time to chill the salad for at least an hour.

Roasted Cauliflower/Toasted Tempeh

Roasted Cauliflower:

Oil cookie sheet and place cut cauliflower pieces on 1/2 of the sheet. Roll cauliflower around on the sheet to coat with oil. Bake in 400° oven, or on an outdoor grill pan, for 15 minutes. Occasionally roll cauliflower to a different side so it browns or begins to char evenly. Allow to cool slightly.

Toasted Tempeh: (Use one side of the cookie sheet to brown the tempeh with the cauliflower.)

Separate and place the tempeh strips on a lightly oiled cookie sheet and brown both sides in a 400° oven while cauliflower cooks. It will take 5-7 minutes per side. Cool slightly and chop 3 strips.

Dressing for Salad

Place oil, broth, mustard, honey, soy sauce and vinegar in a bowl and whisk.

Kale/Cauliflower Salad

1. Place chopped greens in a large mixing bowl.
2. Add roasted cauliflower and chopped, toasted tempeh strips to bowl with kale.
3. Add garlic, sweet onion and finely-chopped greens and toss well.
4. Add garbanzo beans, mint and basil and toss again.
5. Pour dressing over salad ingredients and toss well. Once dressed, cover and refrigerate an hour (or more) until ready to dine.

Additional Items/Plate

1. About 10 minutes before serving, wrap a baguette or a couple of rounds of pita bread in foil and warm in a 200° oven.
2. When ready to serve the meal, wash and halve strawberries or nectarine. Arrange 5 halved strawberries, or one-half of a sliced nectarine on edge of dinner plates.
3. Measure 2 C. of the cold salad per diner onto each plate.
4. Place warmed bread on dinner plates or on the side.

What I've Learned from this Recipe

The combination of finely chopped and dressed kale will become more tender after resting at least an hour. The oil used in the dressing will begin to break down the kale and tenderize it.

Let us know what you think, and ask any questions you may have. chezdon@plate6.com