

Food Babe's Curried Cauliflower Salad



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	35 mins	45 mins	4

<https://foodbabe.com/curried-cauliflower-salad>

Ingredients:

- 1 head cauliflower, cored and chopped
- ½ red onion, sliced
- 1 cup sweet potato, cubed
- 2 tablespoons coconut oil
- 2 teaspoons curry powder
- 2 tablespoons butter
- 1 garlic clove, minced
- ¼ cup fresh parsley, chopped
- ¼ cup pecans, chopped
- sea salt and ground pepper, to taste
- 6 cups dark leafy greens

Instructions:

1. Heat the oven to 400° F.
2. Place the cauliflower, onion and sweet potato on a baking sheet and toss with coconut oil.
3. Bake for 30-35 minutes or until fork tender.
4. Place the remaining ingredients in a bowl and add the cooked cauliflower mix. Toss to combine and season with salt and pepper.
5. Serve over leafy greens and enjoy!

Notes:

- You can substitute butternut squash for the sweet potato if you'd like.
- Please use all organic ingredients if possible.