

BLT CAULI SALAD



SERVES

4



METHOD

MIX



MINUTES

7

INGREDIENTS

- 1 package cauliflower florets, I used fresh and they added up to about 3.5 cups
- 1 full bag romaine lettuce mix, I used dole very veggie
- 1 cup cherry tomatoes, sliced in half
- 4 tbl bacon bits
- 1 cup non fat plain greek yogurt
- 1 serving Bolthouse farms Honey Mustard dressing
- 1 serving spicy brown mustard
- ¼ red onion, diced
- Salt and pepper to taste

DIRECTIONS

- Bring a pot of water to boil, add a sprinkle of salt and the cauliflower. Boil for about 7 minutes, drain and set aside to cool.
- In a large mixing bowl, combine the yogurt, honey mustard dressing, mustard, salt and pepper. Mix until well combined.
- Add the cooled cauli and bag of lettuce. Mix until well coated.
- Add the tomato halves and bacon bits and lightly mix until well incorporated.
- Serve cold.

MACROS
per serving

CALORIES

111

PROTEIN

12G

CARBS

14G

FATS

2G