

Salad With Mung Beans And Avocado (Roasted Cauliflower)

The cauliflower can be roasted ahead of time and stored in the refrigerator. See "Spiced, Steamed and Baked Cauliflower" Recipe.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 0 mins

Category: Salads and dressings

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Partly raw



Ingredients

Lettuce, romaine or cos	1 head
Scallions or spring onions, tops and bulb, raw	4 small - 3" long
Cucumber, raw, without peel	0.5 small - 6 3/8" long
Red bell peppers, raw	0.5 medium - 2 1/2" diameter x 2 3/4"
Tomato raw (includes cherry, grape, roma)	6 grapes
Avocado, black skin (hass)	1 each
Olive oil	1 teaspoon
Lemon juice, fresh	2 teaspoons
Salt, sea salt	0.5 teaspoon
Mung bean sprouts, raw	0.5 cup
Green olives	12 medium

Instructions

The recipe for the cauliflower is not included here. Please search for "Spiced, Steamed and Baked Cauliflower."

The mung bean sprouts were sprouted ahead of time. They can also be purchased from a grocery store sprouted. Feel free to substitute with another type of sprout.

Clean and cut all vegetables. Place in a large bowl. Add sprouts and green olives.

Add dressing ingredients (oil, lemon juice and salt). Toss and top with avocado and baked cauliflower.