Creamy Cauliflower Salad
Makes 6 Serving

Ingredients:
- 2 cups cauliflower (broken into florets, about half a head)
- 1/2 cup onion, diced
- 2 cups lettuce, chopped
- 1 red or green apple, chopped
- 1/4 cup light ranch dressing

Directions:
1. Prepare the cauliflower by rinsing well in cold water just before using it. Snap off the outer leaves and discard.
2. Use a sharp knife and cutting board to slice off the stem and hollow out and remove core.
3. Cut or break cauliflower into small pieces called florets.
4. Toss cauliflower, onion, lettuce, and apples in a medium bowl.
5. Stir in dressing.

Tips:
- This can be made several hours in advance.
- Change this recipe by adding other foods such as sunflower seeds or raisins.
- Use red onion to add more color.
- This salad is great for a picnic. Keep it in the cooler until time to eat.

Source: Iowa State University Extension