

# Roasted Cauliflower Salad – Vegan

Prep Time: 10 minutes  
Cook Time: 20 minutes  
Total Time: 30 minutes

Serving Size: 4  
Calories per serving: 278  
Fat per serving: 13 grams

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## Ingredients

- For Salad:
- 2 heads of cauliflower, cut into florets
- 1/2 cup water
- 1 tablespoon Mrs. Dash no-salt seasoning
- 3 medium carrots, chopped
- 1 red onion, chopped
- 1/4 cup fresh Italian parsley, chopped
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- For dressing:
- 1/2 cup water
- 3/4 cup tahini
- 1 lemon, juiced
- 1 teaspoon garlic granules
- Black pepper to taste
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## Instructions

1. Preheat oven to 425° F. Cut 2 pieces of parchment paper to put on 2 separate sheet pans.
2. Coat cauliflower florets with 1/4 cup of water and 1/2 tablespoon Mrs. Dash no-salt seasoning. Spread cauliflower across 1 of the sheet pans with parchment paper. Roast in oven until brown and soft, about 15-20 minutes.
3. Coat carrots and onions in 1/4 cup water and 1/2 tablespoon Mrs. Dash no-salt seasoning. Roast in oven until soft, about 10 to 12 minutes.
4. Meanwhile, make the dressing: Blend all the dressing ingredients to an even consistency. If you would like the dressing thinner, add 1 to 2 tablespoons of water.
5. Toss cooked vegetables with dressing, parsley and optional avocado. Garnish with extra parsley.

## Notes

Nutrition facts (per serving): Calories: 278, from fat: 108, total fat: 13g, cholesterol: 0mg, sodium: 350mg, total carbohydrate: 34g, fiber: 12g, sugar: 8g, protein: 12g.