

Cauliflower Salad with Mexican Salsa

This is a colorful raw vegetable recipe. Serve with salsa to garnish. This recipe was provided by a family at East Los Angeles Boys and Girls Club. The recipe was taste tested by other families from the “Club “for CNESINC.org

| Amount | Measure | Ingredients | Preparation Method |
|--------|------------|-------------|-----------------------|
| 1 | Whole | Cauliflower | Cut into small pieces |
| 1 | Whole | Lemon | Juiced |
| 2 | Individual | Green onion | Cut into small pieces |
| ¼ | Cup | Cilantro | Cut into small pieces |
| 1 | Large | Red tomato | Cut into small pieces |

1. Mix all of the ingredients together in a bowl
2. Add the Mexican Salsa

Yield: Eight (8) ½ cup servings.

| | Calories | Sodium | Total fat | Sat. fat | Chol | Fiber |
|--------------------------|----------|----------|-----------|----------|--------|----------|
| Daily Value (DV) | 2,000 | 2400 mg | 65 g | 20 g | 300 mg | 25 g |
| 1 serving of this recipe | 21 | 14 (<1%) | - | - | - | 2 g (8%) |

Mexican Salsa

| Amount | Measure | Ingredients | Preparation Method |
|--------|------------|---------------|--------------------|
| 4 | Individual | Red tomatoes | Boiled |
| 5 | Individual | Chili Serrano | |
| 2 | Cloves | Garlic | |
| 2 | Individual | Green onions | |
| ½ | Teaspoon | Salt | |

1. Boil the tomatoes and chiles for 15 minutes or until tender, drain water.
2. Blend the tomatoes, chiles, fresh garlic, green onions, and salt

Yield: Twelve (12) ¼ cup servings.

| | Calories | Sodium | Total fat | Sat. fat | Chol | Fiber |
|--------------------------|----------|------------|-----------|----------|--------|---------|
| Daily Value (DV) | 2,000 | 2400 mg | 65 g | 20 g | 300 mg | 25 g |
| 1 serving of this recipe | 21 | 117mg (5%) | - | - | - | 2g (8%) |

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org