

BRYANNA'S ROASTED CAULIFLOWER SALAD WITH SMOKED ALMONDS & VEGAN SOUR CREAM DRESSING

Serves 4

1 large head cauliflower
3 tablespoons olive oil
1 cup chopped green onions (white and green)
1/2 cup [hickory-smoked almonds](#), roughly-chopped
1/2 cup fresh parsley, roughly-chopped

VEGAN SOUR CREAM DRESSING:

1/2 cup vegan sour cream (such as Tofutti Better Than Sour Cream)
1/2 cup vegan mayonnaise (preferably a low-fat version, such as my [Tofu Mayo](#) or my [Eggless Low-Fat Mayo](#), or [Reduced-Fat Vegenaïse](#) or [Spectrum Naturals Eggless, Vegan Light Canola Mayonnaise](#))
1 1/2 tablespoons grainy Dijon mustard
1 tablespoon balsamic vinegar
1/2 teaspoon salt
freshly ground black pepper to taste

Heat the oven to 400°F. Clean and trim the cauliflower and cut or slice into small (2-ite) piece. Distribute evenly in one layer in a large shallow roasting pan and toss with the olive oil and a bit of salt. Roast for 20 minutes, or until the pieces are a bit browned and tender, but not falling apart.

While the cauliflower roasts, chop te parsley, almonds and green onions and set aside, and make the dressing.

To make the dressing, simply whisk together the ingredients until smooth.

When the cauliflower is done, let it cool slightly, then mix gently with the dressing and other ingredients. Serve at room temperature.

Nutrition Facts

Nutrition (per serving): 386.6 calories; 64% calories from fat; 28.9g total fat; 0.0mg cholesterol; 650.5mg sodium; 1122.2mg potassium; 26.1g carbohydrates; 10.4g fiber; 8.4g sugar; 15.7g net carbs; 12.4g protein.