

## Cauliflower and Tomato Salad

Yields 9 servings (½ cup each)

### Ingredients

- 1 large cauliflower, chopped and cooked
- ½ red onion or ½ scallion bunch, finely chopped
- 2 medium tomatoes, finely chopped
- ½ cilantro bunch or ½ cup fresh cilantro, finely chopped
- 2 tablespoons of fresh lime juice, or juice from 1 lemon
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon black pepper
- ¼ teaspoon, salt

### Instructions

1. Wash all vegetables with cold, running water. Carefully wash the cilantro in a bowl full of water and rinse the bowl several times.
2. Chop the cauliflower into small florets, not very fine. Boil water in a saucepan. When the water boils, add the cauliflower and let it boil for 3 to 5 minutes. Drain the cauliflower and set aside in a large bowl.
3. Finely chop the onion, tomatoes, and cilantro. Add these vegetables to the bowl with the cauliflower.
4. Add the olive oil, lime juice, black pepper, and salt (optional). Mix well.
5. Serve immediately or store in refrigerator for up to two days.

### Helpful Information

- Cauliflower can be found in shades of white, orange, purple, and green. No matter the color, the taste is the same: mild, a little sweet and a little nutty. You can steam, boil, puree, roast, or stir-fry cauliflower.
- One cup of raw or cooked cauliflower has 100% of the daily recommended amount of vitamin C, also has vitamin K, calcium, iron, potassium, and magnesium, and lots of water so it can keep you hydrated.
- High-fiber foods such as cauliflower may cause bloating and gas, especially for people with irritable bowel syndrome, inflammatory bowel disease, Crohn’s disease, and ulcerative colitis.

**Source:** CUCE-NYC FMNP Recipe Collection 2022

To find farmers’ market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

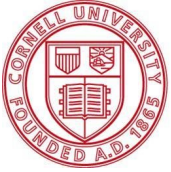
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

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Nutrition Facts	
Servings Per Recipe	9 servings
Serving size	½ cup
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 36mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 404mg	<b>8%</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	





Cornell University  
Cooperative Extension  
New York City



## 花椰菜番茄沙拉

份量 9 份 (每份 ½ 杯)

### 原料

- 1 个大花椰菜，切碎并煮熟
- ½ 红洋葱或 ½ 束葱，切碎
- 2 个中等大小的西红柿，切碎
- ½ 束香菜或 ½ 杯新鲜香菜，切碎
- 2 汤匙新鲜酸橙汁，或 1 个柠檬汁
- 2 汤匙特级初榨橄榄油
- ¼ 茶匙黑胡椒
- ¼ 茶匙、盐

### 步骤

1. 用冷水清洗所有蔬菜。将香菜放入装满水的碗中小心清洗，然后将碗冲洗几次。
2. 花椰菜切成小朵，不要太细。在锅中将水煮沸。当水沸腾时，加入花椰菜，煮3到5分钟。将花椰菜沥干，放在一个大碗里。
3. 将洋葱、西红柿和香菜切碎。将这些蔬菜与花椰菜一起放入碗中。
4. 加入橄榄油、酸橙汁、黑胡椒和盐（可选）。搅拌均匀。
5. 立即食用或在冰箱中保存最多两天。

### 小窍门

- 花椰菜有白色、橙色、紫色和绿色等色调。无论颜色如何，味道都是一样的：温和、有点甜、有点坚果味。您可以蒸、煮、榨菜花、烤或炒花椰菜。
- 一杯生或熟的花椰菜含有 100% 每日推荐量的维生素 C，还含有维生素 K、钙、铁、钾和镁，以及大量的水，可以让您保持水分。
- 花椰菜等高纤维食物可能会导致腹胀和胀气，特别是对于患有肠易激综合症、炎症性肠病、克罗恩病和溃疡性结肠炎的人。

资料来源：CUCE-NYC FMNP Recipe Collection 2022

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

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Sodium 100mg	4%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
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