

# Cauliflower and Basmati Rice Salad

MAKES 4 CUPS (1 L)

**R**aisins, curry paste (such as Patak's mild curry paste), cauliflower florets, and brown basmati rice join forces in this delicious and colorful salad.

**3 cups (750 ml) small cauliflower florets**

**1 cup (250 ml) cooked brown basmati rice or brown rice**

**$\frac{3}{4}$  cup (185 ml) diced red bell pepper**

**$\frac{3}{4}$  cup (185 ml) chopped fresh parsley or cilantro, lightly packed**

**$\frac{1}{4}$  cup (60 ml) raisins, soaked in hot water for 30 minutes and drained**

**2 tablespoons (30 ml) mild Indian curry paste**

**3 tablespoons (45 ml) lemon or lime juice**

Steam the cauliflower for 5 minutes. Transfer to a medium bowl and add the rice, bell pepper, parsley, and raisins.

Put the curry paste in a small bowl. Add the lemon juice and stir until well combined. Add to the rice mixture and gently stir with a fork until evenly distributed. Serve immediately.

**VARIATIONS:** Stir in  $\frac{1}{4}$  teaspoon (1 ml) ground turmeric and 1 teaspoon (5 ml) ground coriander along with the curry paste, and/or replace one-third of the parsley with chopped fresh mint or basil. To turn this salad into a main dish, add  $1\frac{1}{2}$  cups (375 ml) cooked or canned lentils or mung beans.

Per 1 cup (250 ml):  
calories: 130

protein: 4 g

fat: 3 g

carbohydrate: 28 g

dietary fiber: 5 g

calcium: 41 mg

sodium: 130 mg



Cauliflower and Basmati Rice Salad

# Full-Meal Salad

MAKES 2–3 SERVINGS

Choose a mix from the following categories for an abundant and filling salad and a feast of protective phytochemicals. Whenever possible, choose organic produce.

**Green and Leafy Vegetables.** Use a total of about 8 cups (2 L). Here is a suggested combination:

- 4 cups (1 L) mixed salad greens, lightly packed
- 2 cups (500 ml) stemmed and very thinly sliced kale, packed
- 2 cups (500 ml) chopped radicchio or thinly sliced red or purple cabbage

**Colorful Vegetables.** Cover the rainbow in your selection of veggies with 1 cup (250 ml) from each of the five color families below:

- GREEN**
  - Asparagus, sliced diagonally (raw or steamed)
  - Avocado, sliced or cubed
  - Broccolini or broccoli florets and stems, sliced diagonally
  - Cucumber, sliced
  - Snow peas or sugar snap peas
  - Sprouts (pea, sunflower, or other)
  - Zucchini or celery, sliced
- YELLOW-ORANGE**
  - Golden cauliflower, cut into small florets
  - Yellow beets, grated or cooked (baked, steamed, or boiled) and cubed
  - Yellow or orange bell pepper, cut into wide strips
  - Yellow or orange carrots, sliced or grated
- PINK-RED**
  - Beets (steamed, boiled, or raw), cubed or grated
  - Red onion, thinly sliced
  - Red bell pepper, cut into wide strips
  - Tomatoes (cherry, grape, or other)
  - Watermelon radish, cut into small cubes or strips
- PURPLE-BLUE**
  - Blueberries, blackberries, or halved black grapes
  - Purple carrots, sliced or grated
  - Purple cauliflower, cut into small florets
  - Purple bell pepper, cut into wide strips

- WHITE-**
- Cauliflower, cut into small florets
  - Kohlrabi or jicama, cut into thin strips
  - Salad turnips, sliced
  - Sweet onion, thinly sliced

**Plant-Protein Superstars.** Choose at least 1 or 2 of these high-protein foods:

- 6–8 ounces (170–225 g) smoked tofu, cubed
- 6–8 ounces (170–225 g) tofu, cubed and baked or sautéed with tamari, turmeric, herbs, and spices
- 6–8 ounces (170–225 g) tempeh, baked or steamed, and cubed
- 1–2 cups (250–500 ml) chickpeas, other beans, or lentils
- ¼ cup (60 ml) peanuts, pumpkin seeds, sunflower seeds, or other nuts or seeds
- 4–8 falafels or other veggie balls

**Herbs.** For a flavor boost, mix in ½ cup (125 ml) chopped fresh basil, dill, parsley, or other fresh herbs

**Starches.** To make the meal even more satisfying, include 1 cup (250 ml) or more of the following:

- Cooked basmati rice, brown rice, Kamut berries, quinoa, spelt berries, or wild rice
- Corn, raw or cooked
- Sweet potato, butternut squash, other winter squash, or purple or white potato, steamed and cubed

**Nut- or Seed-Based Dressing.** Choose from the dressings on pages XX–XX

Put the green and leafy vegetables in a large bowl. Top with the colorful vegetables and herbs and stir until well combined. If the entire salad will be served at once, add the plant protein and starches. If you're going to save some for another day, store the protein superstars and starches (and avocado, if using) separately so they can be added fresh just before serving. Mix in the salad dressing just before serving or serve it on the side.