

ONE BITE

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Vegan Magazine

July / August 2019

VEGAN EATS
IN LISBON,
PORTUGAL



VEGAN
JERKY UP
FOR GRABS
from
VITAL EATS



VEGAN
SALAD RECIPES
that DON'T SUCK!



VEGAN
ICE CREAM
& POPSICLE
RECIPES



SUMMER FRUIT
» Recipes «

FOOD THAT
LOVES YOU!

Fermentation 101

+ RECIPES

Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY



Summer Cauliflower POWER SALAD

By Karen Gibson

PREP TIME:
25 minutes

COOK TIME:
20 minutes

TOTAL TIME:
45 minutes

SERVINGS:
6 salads

CALORIES:
290kca

INGREDIENTS

FOR THE ROASTED CHICKPEAS:

- 15 ounce can chickpeas drained, then rinsed and drained again
- kosher salt

FOR THE SALAD DRESSING:

- 2 tablespoons lemon juice
- 1 tablespoon white wine or champagne vinaigrette
- 1 tablespoon maple syrup or agave
- 1 teaspoon Dijon mustard
- 1 teaspoon dried dill leaves
- ¼ teaspoon sea salt
- 1 tablespoon extra virgin olive oil

FOR THE SALAD:

- 16 ounces cauliflower rice*
- 1 small fennel bulb (anise) shredded or diced (reserve the fine leaves, for garnish)
- ¼ cup fresh flat-leaf parsley leaves measured loosely packed, then minced
- 12 to 16 fresh mint leaves minced
- 1 cup roasted chickpeas (above)**
- 1 small cucumber (pickling or small seedless) thinly sliced
- 1 sweet-tart apple cored and thinly sliced (gala, honeycrisp, or sweetango work great here)
- 1 cup sliced almonds
- fennel leaves chopped (optional, for when the fennel bulb came with leaves attached)
- kosher salt

INSTRUCTIONS

FOR THE ROASTED CHICKPEAS:

1. Preheat oven to 425 degrees Line a rimmed baking sheet with parchment paper.
2. Optional, but a good idea, rub the chickpeas in a paper towel or tea towel to loosen their thin, papery shells (do this in batches). Pick out and discard as many of the shells as you can.
3. Spread the chickpeas on the baking sheet in a single layer. Season with a big pinch of salt, and roast in the oven for 15 to 20 minutes, until lightly browned. Remove, and set aside to cool.

FOR THE SALAD DRESSING:

1. Place all ingredients in a jar with a secure lid and shake until combined. Taste and add more salt until the flavor pops. Dressing can be made days in advance and stored in the fridge, and will taste even better after it's allowed to sit blend its flavors.

FOR THE SALAD:

1. In a large mixing bowl, toss the cauliflower, fennel, parsley, and mint together until well mixed.
2. Drizzle a portion of the dressing over the cauliflower mixture and stir to coat.
3. Add the cucumbers and apple slices and fold gently. Season the salad with about a ¼ teaspoon of salt and fold again.
4. Portion into roomy salad bowls. Top with the roasted chickpeas, almonds, and a big sprinkling of fennel leaves.
5. Serve the dressing on the side, so each diner can add as much as they want.

Karen Gibson

Karen is a four-season vegetable and herb gardener at soupaddict.com. Her goal, as a home cooking advocate and gardening educator, is to create recipes that include fresh, seasonal ingredients for her followers to enjoy.

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