Local Urban BITES 187

JRRY ROASTED CAULIFLOWER AND YAM SALAD WITH CRANBERRIES AND TAHINI DRESSING

FAST, EASY, FRESH.

- 400°F. Dice your yam into ½-inch cubes. Trim the ends off the cauliflower and then cut it into small florets. Place the cauliflower and yam into a large bowl and toss with the olive oil, Veggie Spices (turmeric, curry powder, garlic powder, and cayenne) and a good pinch of salt and pepper. Mix well to combine
- 3. Meanwhile, make the dressing. In a small bowl stir together the tahini, lemon juice, 2 Tbsp. warm water, ginger, and the Dressing Spices (curry powder, garlic powder, and turmeric). Season with salt and pepper to taste.
- **5.** Once the potatoes and cauliflower are cooked, transfer to a large bowl and toss with the **tahini dressing**, **cilantro**, **green onions**, and **dried cranberries**. Season with more **salt** and **pepper** as desired.

- 2. Spread the yams and cauliflower in a single layer on a parchment-lined baking sheet and roast in the oven for 24-25 minutes, stirring once half way through.
- 4. Next, thinly slice the green onions and give the cilantro and rough chop.
- **6.** To serve, spoon the warm salad into bowls and garnish with any leftover cilantro and green onions. Enjoy!



Ingredients (2 Person Serving – 602 Calories Per Serving)

Cauliflower
Yam
Olive Oil
Curry Powder
Turmeric
Garlic Powder
Cayenne

1 Small Head
1 Large
2 Tbsp.
2 tsp. + $\frac{1}{2}$ tsp.
½ tsp. + ¼ tsp.
½ tsp. + ¼ tsp.
1/4 tsp.

Green Onion
Dried Cranberries
Cilantro
Tahini
Lemon Juice
Minced Ginger
Salt and Pepper

2 Stalks
1/3 Cup
Small Bunch
48 g
1 Tbsp.
10 g
To Taste

