

# Flavors of Rochester at the Market

## Celebrating the Cuisines and Cultures of our Community

*A sampling series brought to you by the Rochester Public Market, Friends of the Public Market, Democrat and Chronicle, and Summit Federal Credit Union*

*Saturdays, May through October, 10 a.m. to 12 p.m.*

[www.cityofrochester.gov/marketflavors](http://www.cityofrochester.gov/marketflavors); [roc.democratandchronicle.com/section/flavors](http://roc.democratandchronicle.com/section/flavors)  
[www.marketfriends.org](http://www.marketfriends.org); [www.summitfcu.org](http://www.summitfcu.org)

Guest Chef for September 26, 2015: ***Margaret O’Neill and the Friends of the Rochester Public Market***

## Market Cauliflower Salad

When the fall weather turns cooler, it’s the perfect time to enjoy the Market’s beautiful heads of just-harvested fresh cauliflower (along with its cousin’s broccoli and cabbage). This delicious cruciferous vegetable is a powerhouse of nutrients. Just a cup of raw cauliflower provides 85% of your vitamin C needs for the day, plus it’s a good source of potassium and fiber.

While we are most familiar with creamy-white cauliflower, check out the newer varieties of orange and purple! These bright colored varieties have even more nutrients, and add a surprising splash of color to your fall table.

The mild, slightly nutty flavor of fresh cauliflower makes it delicious for eating raw. Combined with a few other veggies and light dressing, this salad is a delight to the eye and the palate. Sprinkle peanuts on top for a delightful crunch and flavor combination.

### Ingredients

#### Dressing

½ cup plain low fat yogurt or light sour cream  
½ cup mayonnaise  
2 tsp. vinegar  
2 tsp. sugar  
½ tsp. salt  
¼ tsp. pepper

#### Salad

3 cups cauliflower florets cut into small bite-size pieces  
1 cup frozen peas, thawed  
2 stalks celery, thinly sliced  
Salted peanuts, optional

### Directions

1. For the dressing: In a small, blend all the dressing ingredients.
2. At serving time combine cauliflower, peas and celery; toss lightly. Pour enough of the dressing over salad to moisten and toss, sprinkle peanuts over the top and serve.