

Serves 6 • Serving size: ½ cup



PREP: 5 minutes
COOK: 10–12 minutes

date
me

Tupperware®

“Skinny Carb” Cauliflower SALAD

- 1-lb./455 g bag frozen cauliflower florets
- ⅓ cup mayonnaise
- 1 tbsp. yellow mustard
- 2 green onions, trimmed and chopped using Chop 'N Prep Chef
- ¼ tsp. table salt
- ¼ tsp. black pepper

1. Place half bag of cauliflower in SmartSteamer Colander Tray and remaining half bag in Steamer Base.
2. Fill Water Tray with 1¾ cups/400 mL water. Place Colander Tray over Steamer Base and place Steamer Base over Water Tray.
3. Cover and microwave on high power 10–12 minutes, or until cauliflower is *al dente*.
4. Meanwhile, combine remaining ingredients in medium bowl and stir until combined. Set aside.
5. Remove SmartSteamer from microwave, combine all cauliflower in Steamer Base, and run under cold water until it has cooled, about 30–60 seconds.
6. Pour cauliflower into Quick Chef® Pro base, fitted with the blade attachment, cover and turn handle just a few times to very roughly chop.
7. Transfer cauliflower to empty bowl and replace blade with basket attachment. Place half cauliflower into basket, cover and turn handle to remove excess water from cauliflower, about 15 seconds. Repeat with remaining cauliflower.
8. Add cauliflower to ingredients in medium bowl and mix well.

Nutritional Information (per serving):

Calories: 110 Total Fat: 10g Saturated Fat: 1.5g Cholesterol: 5mg Carbohydrate: 5g Sugar: 0g Fiber: 1g Protein: 1g Sodium: 210mg Vitamin A: 2% Vitamin C: 35% Calcium: 0% Iron: 0%

Serves 6 • Serving size: ½ cup



PREP: 5 minutes
COOK: 10–12 minutes

date
me

Tupperware®

“Skinny Carb” Cauliflower SALAD

- 1-lb./455 g bag frozen cauliflower florets
- ⅓ cup mayonnaise
- 1 tbsp. yellow mustard
- 2 green onions, trimmed and chopped using Chop 'N Prep Chef
- ¼ tsp. table salt
- ¼ tsp. black pepper

1. Place half bag of cauliflower in SmartSteamer Colander Tray and remaining half bag in Steamer Base.
2. Fill Water Tray with 1¾ cups/400 mL water. Place Colander Tray over Steamer Base and place Steamer Base over Water Tray.
3. Cover and microwave on high power 10–12 minutes, or until cauliflower is *al dente*.
4. Meanwhile, combine remaining ingredients in medium bowl and stir until combined. Set aside.
5. Remove SmartSteamer from microwave, combine all cauliflower in Steamer Base, and run under cold water until it has cooled, about 30–60 seconds.
6. Pour cauliflower into Quick Chef® Pro base, fitted with the blade attachment, cover and turn handle just a few times to very roughly chop.
7. Transfer cauliflower to empty bowl and replace blade with basket attachment. Place half cauliflower into basket, cover and turn handle to remove excess water from cauliflower, about 15 seconds. Repeat with remaining cauliflower.
8. Add cauliflower to ingredients in medium bowl and mix well.

Nutritional Information (per serving):

Calories: 110 Total Fat: 10g Saturated Fat: 1.5g Cholesterol: 5mg Carbohydrate: 5g Sugar: 0g Fiber: 1g Protein: 1g Sodium: 210mg Vitamin A: 2% Vitamin C: 35% Calcium: 0% Iron: 0%