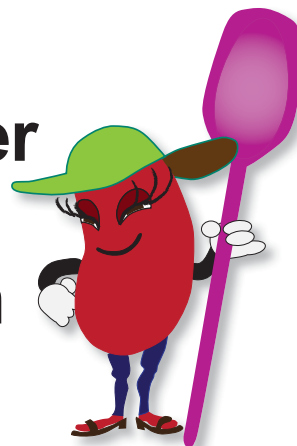


Beans, Rice And Everything Nice



Potato Cauliflower Edamame Salad with Yummy Dill Dressing



original recipe by
beansriceeverythingnice.weebly.com

For Salad

- 4 medium red potatoes, cubed (about 2 pound)
- 1/2 medium cauliflower, cut into florets
- 1-1/2 cups frozen, shelled edamame
- 20 cherry or grape tomatoes, quartered
- 1 orange pepper, sliced
- 1/4 cup chopped fresh dill (about 4 sprigs or a handful)
- 1/4 cup chopped fresh cilantro or Italian parsley (about a handful)

For Dressing

- 2/3 cup lemon juice (2 lemons)
- 1 Tablespoon Dijon mustard
- 1 Tablespoon maple syrup
- 1-2 teaspoons dried dill (I used freeze dried)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- salt and pepper to taste

1. Place a large pot of water on the stove and bring to a boil over medium heat.
2. When the water has boiled, drop the potato cubes into the pot, reduce heat to just above medium, and boil for 7 - 10 minutes. Add the cauliflower and edamame, and boil for another 5 minutes. Drain when cooked and set aside.
3. For the dressing, pour the juice into a small bowl. Add the maple syrup, Dijon mustard, garlic powder, onion powder, and dried dill. Whisk to combine. Set aside.
4. Put the still-warm potatoes, cauliflower and edamame into a large salad bowl. Pour the dressing over the top and mix to distribute the dressing. Add the chopped fresh herbs and mix. Add the quartered tomatoes and orange pepper slices. Mix to combine.

Tip:

The salad has a texture like mashed potatoes. For a different texture, whole nugget potatoes work equally well. Slice in half and boil 2 pounds of whole nugget potatoes for 10-15 minutes before adding the cauliflower and edamame, rather than 7-10 minutes as stated in the recipe.

If you swap out the edamame for another bean, just drain and rinse the beans (if using canned beans), and add to the salad before adding the dressing, no need to boil.