

Brocoli and Cauliflower Salad

Ingredients:

3 cups broccoli
3 cups cauliflower
1/2 red onion (chopped)
1 1/2 tbsps cheese
2 tbsps olive oil
4tbsp lemon juice
1tbsp lemon zest
2tbsp dijon mustard
1 tsp fresh tarragon (chopped)
salt
1tbsp black pepper



Method:

Steam broccoli and cauliflower until barely tender-crisp, less than 5 minutes. Let vegetables drain well and come to room temperature. Whisk together olive oil, lemon juice, lemon zest, Dijon, fresh tarragon, and salt and pepper. In bowl with a tight lid, combine broccoli, cauliflower, and red onion. Mix in dressing. Put lid on and let salad sit for about 30 minutes before serving. When ready to serve, turn salad upside down a few times with lid on to get vegetables coated with dressing. Put in serving bowl and sprinkle with cheese if desired. Serve .

Benefits of Broccoli and cauliflower: Cancer Fighting Properties:

Cauliflower, broccoli and other cruciferous vegetables contain [compounds](#) known as isothiocyanates, which inhibit the growth of cancer cells. Researchers at the University of California, Berkley, reported that isothiocyanates inhibited the growth of breast tumors in humans. A study by L.J. Wang and other researchers at the Harvard School of Public Health, reported in "Cancer Causes & Control," found that people whose genetic makeup made them more likely to develop [lung cancer](#) were less likely to develop the cancer if they ate cruciferous vegetables such as broccoli and cauliflower. Researchers are working to create cancer [treatments](#) from the isothiocyanates in cruciferous vegetables.

Nutrition Facts:

Serving Size 1 cup (91 g)
Per Serving
% Daily Value*
Calories 25
Calories from Fat 0
Total Fat 0.0g **0%**
Saturated Fat 0.0g 0%
Cholesterol 0mg **0%**
Sodium 25mg **1%**
Carbohydrates 4.0g **1%**
Dietary Fiber 2.0g %
Sugars 2.0g
Protein 1.0g
Vitamin A 0% · **Vitamin C** 45%
Calcium 2% · Iron 0%