



Crave-Worthy Cauliflower Pesto Salad That Will Blow Your Mind

Cauli me crazy, but this might be the best thing that's ever happened to a head of cauliflower. Lightly steamed florets get tossed with sweet peas, briny olives, and a creamy, herby pesto dressing that hits all the right notes. It's bold, bright, and just the right amount of unexpected—a salad that eats like a meal and might even ruin pasta for you. You've been warned.

Want to see just how easy it is? Watch the full demo on YouTube.

Ingredients

- 1 small head cauliflower, cut into bite-sized florets
- 1 tablespoon Chosen Foods avocado mayo
- 1 tablespoon Fage nonfat Greek yogurt
- 1 heaping spoonful homemade pesto (get the recipe [HERE](#))
- 1 cup frozen peas and carrots, thawed
- 1 small can sliced black olives

Always choose organic where possible for the healthiest ingredients.

Instructions

1. Steam the cauliflower on the stovetop for 3 to 5 minutes, just until tender but still holding its shape. Set aside to cool.
2. In a small bowl, mix the mayo and yogurt until smooth. Stir in the pesto and set aside.
3. In a large bowl, combine the cauliflower with the peas and carrots. Stir gently to mix.
4. Add the olives and stir again, being careful not to crush the cauliflower.
5. Pour the pesto dressing over the veggies and gently fold until everything is well coated.
6. Taste and adjust seasoning if needed. Serve immediately or chill for later.