

Recipe for

Broccoli Stem Cauliflower Core Salad

Ingredients:

- Broccoli Stems
- Cauliflower Cores
- Lemon Juice
- Balsamic vinegar
- Salt and Pepper
- *Optional:* canned beans, dried fruit, nuts and seeds

Directions:

1. Peel and slice the stems and cores as thinly as possible.
2. Add them to a bowl. Dress the salad with lemon juice, balsamic, salt and pepper to taste.
3. Add rinsed and canned beans, dried fruit, and nuts and seeds for a more filling meal!

