

Citrusy Cauliflower Kale Summer Salad

Without question, the addition of the salt-cured lemon slices is what elevates this recipe from bland to grand. The bright, briny flavor of the preserved lemon adds a fresh burst of flavor to an otherwise sedate dish. The lemons are really easy to make by pressing fresh lemon slices between 2 [Himalayan salt blocks](#). Allow 2 days for the salt blocks to work their magic and you will be rewarded with a very tasty treat you'll reach for again and again. Without question, the addition of the salt-cured lemon slices is what elevates this recipe from bland to grand. The bright, briny flavor of the preserved lemon adds a fresh burst of flavor to an otherwise sedate dish. The lemons are really easy to make by pressing fresh lemon slices between 2 [Himalayan salt blocks](#). Allow 2 days for the salt blocks to work their magic and you will be rewarded with a very tasty treat you'll reach for again and again.

Ingredients:

Salad:

1 small courgette, washed, cut in half and uniformly sliced
1 small yellow squash, washed, cut in half and uniformly sliced
1 head cauliflower, washed and trimmed, florets only
1 head broccoli, washed and trimmed, florets only
4 kale leaves, stems and ribs removed, washed and torn into bite-sized pieces
3 T. olive oil
12 grape tomatoes, washed and cut in half lengthwise
6-8 large fresh basil leaves, washed, rolled and cut into thin strips
4-6 salt-cured organic lemon slices, very finely chopped including rinds

$\frac{1}{4}$ cup dried cranberries [optional]

Vinaigrette:

$\frac{1}{4}$ cup extra virgin olive oil

2 T. rice vinegar

1 T. fresh lemon juice

1 t. lemon zest

2 t. honey

2 t. Dijon mustard

Kosher salt and cracked black pepper, to taste

Directions:

In a glass bowl, combine all vinaigrette ingredients and whisk until thoroughly combined. If possible, make in advance to allow the flavors to mingle. Taste and adjust seasonings as desired. Set aside.

Place courgette, squash, cauliflower, and broccoli in a large microwave-safe dish and add 2 T. water. Cover and microwave on high for about 5 or 6 minutes, or until crisp tender. Cook times will vary by microwave, so test after 3 minutes and adjust cook time accordingly. Do not overcook. Set aside to cool.