



Cauliflower Salad

SERVINGS: 1

INGREDIENTS

¼ head cauliflower,
finely chopped
¼ bunch of green
onions, peppers,
lettuce, all chopped
cottage cheese
sour cream

DIRECTIONS

1. Chop and mix all ingredients.

CAUTIONS

Be careful with your choice of cottage cheese and sour cream. Many in the store contain corn or potato starch (which should be avoided), as well as a list of other unnecessary additives.

NOTE

This recipe was provided by a member of Arthritis Research Canada's Arthritis Patient Advisory Board and is based on personal experience. It should not be interpreted as dietary or medical advice.