

Texas Caviar

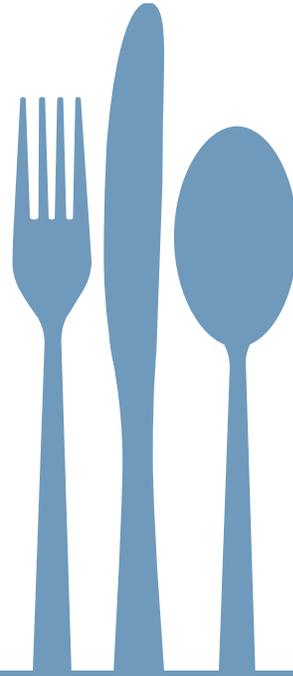
DIRECTIONS

1. In a sauce pan, boil apple cider vinegar, honey and olive oil.
2. Pour over all of the other salad ingredients.



INGREDIENTS

- 1 can black beans, rinsed and drained
- 1 can black eyed peas, rinsed and drained
- 1 bag frozen white corn
- 1/4 red onion, chopped
- 1 small jar of pimentos, rinsed and drained
- 1-2 jalapenos, finely chopped
- 2-3 celery stalks, chopped
- 1/3 cup apple cider vinegar
- 1/4 cup honey (to taste)
- 1/3 cup olive oil



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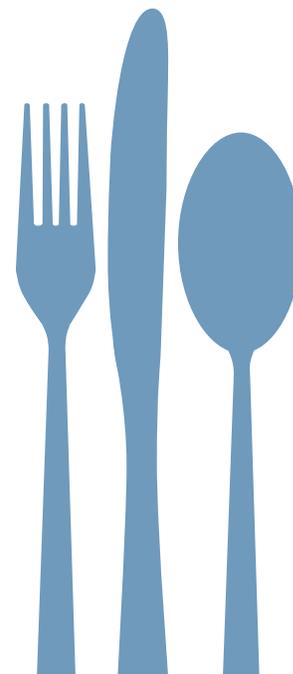
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Chef Salad Skewers

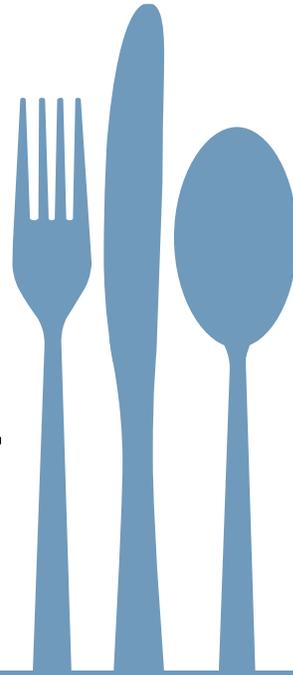
DIRECTIONS

1. Boil the eggs and peel.
2. Grill or bake the turkey.
3. Add onto the skewers and serve with homemade dressing.



INGREDIENTS

- Lettuce, cut into small squares
- Cherry tomatoes
- Cucumber slices
- Turkey, cubed
- Cheese, cut into cubes
- Eggs, hard boiled and sliced
- Wooden skewers



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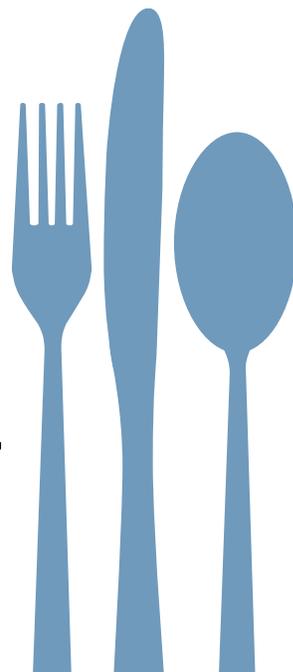
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Tangy Honey Mustard Dressing

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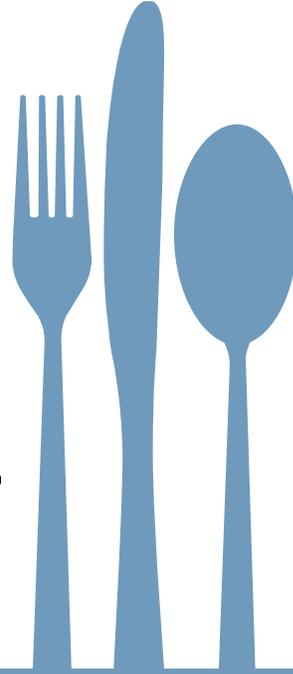
1. Shake or whisk vinegar, olive oil, honey and mustard together.

2. Season with pepper to taste.



INGREDIENTS

- 1/4 cup white balsamic vinegar
- 1/2 cup olive oil
- 1/4 cup plus 1 Tablespoon honey
- 2 Tablespoons Dijon mustard
- Black pepper to taste



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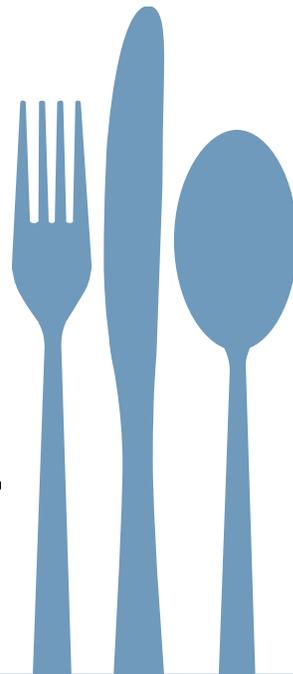
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Cauliflower Potato Salad

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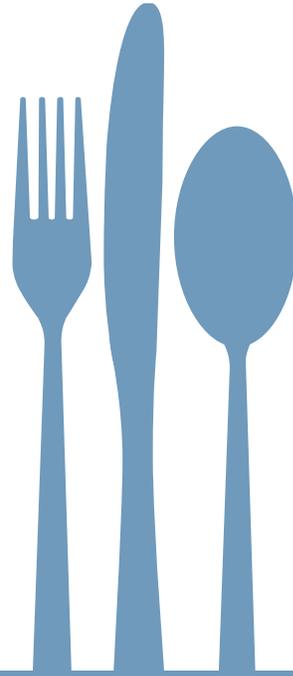
1. Bring water to a boil to steam the cauliflower florets for 5-7 minutes, should be fork-tender.
2. Transfer 1/2 cup of cauliflower to high speed food processor with milk. Blend to thick puree.
3. In a large bowl, whisk yogurt, vinegar, mustard, celery seeds and pepper.
4. Fold in the cooled/drained cauliflower, eggs, celery and green onions.
5. Fold in the pureed cauliflower and black pepper.



CABARRUS
HEALTH
ALLIANCE

INGREDIENTS

- Head of cauliflower, florets only
- 3 Tbsp. milk
- 1/2 cup plain Greek yogurt
- 2 Tbsp. white vinegar
- 1 Tbsp. yellow mustard
- 1 tsp. celery seeds
- 4 hard boiled eggs
- 1/2 cup diced celery
- 2 green onions, diced
- Black pepper to taste



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