



Cauliflower and Tuna Salad

1 large or 2 small or medium cauliflowers, broken into small florets

1 5-ounce can water-packed light tuna, drained

1 plump garlic clove, minced or pureéd

1/3 cup chopped flat-leaf parsley

3 tablespoons capers, drained and rinsed (optional)

1 tablespoon fresh lemon juice

3 tablespoons sherry or champagne vinegar

3 tablespoons extra virgin olive oil

Salt and freshly ground pepper

1. Place the cauliflower in a microwave dish with 1/2 inch of water, lightly cover and cook on high for 2.5 to 3 minutes (also can cook in a steaming basket over 1 inch of boiling water for 5 to 8 minutes, until tender.) Drain water and place on paper towels.

2. In a large bowl, break up the tuna fish and add the cauliflower.

3. In a small bowl or measuring cup, mix together the garlic, parsley, capers, lemon juice, vinegar, and olive oil. Season generously with salt and pepper. Add the cauliflower/tuna mixture and toss together. Marinate, stirring from time to time, for 30 minutes if possible before serving. Serve warm, cold, or at room temperature over a bed of dark green lettuce.

Yield: Serves 6 as a starter or side dish

Compliments of Martha Rose Shulman