



RECIPE

Cauliflower, Feta and Sultana Salad

Connie de Sousa taste-tests rich, meaty dishes all day as part of her job, so she factors that into her daily calorie count. This is one of her favourite healthy and delicious dishes.

Serves 4

Ingredients

- 1 head of cauliflower
- 1 cup (250 ml) sultanas
- 8 oz. (225 g) feta cheese, crumbled
- ½ cup (125 ml) plain yogurt
- ½ cup (125 ml) sour cream
- 1 cup (250 ml) white wine vinegar
- ¼ cup (60 ml) fresh herbs (such as tarragon, basil, oregano, dill or mint), chopped
- salt and pepper to taste
- Sprinkling of pumpkin seeds

Directions

1. Wash cauliflower, cut it into florets and place into a large bowl.
2. Add sultanas and crumbled feta cheese.
3. In a jug, whisk plain yogurt and sour cream, white wine vinegar and chopped fresh herbs.
4. Pour dressing over ingredients in bowl, toss to coat evenly and season with salt and pepper.
5. Arrange salad on a platter and sprinkle with pumpkin seeds.

NUTRITION INFORMATION (per serving)	
Calories	489
Fat	22 g
Carbohydrates	58 g
Sugar	51 g
Protein	15 g
Sodium	705 mg

Connie de Sousa's Tips for the Health-Conscious Gourmand

- **Eat clean**, but let yourself indulge once or twice a week.
- **Instead of frying foods in fat, grill them** - ideally over a wood-burning flame for extra smoky flavour. If you do want to fry, use duck fat; it has less cholesterol than hydrogenated oils and tastes delicious.
- **Eat humanely-raised animals**, free from hormones and antibiotics. Animals that live happy lives not only taste better, they're better for you.
- **Use flavoured olive oils on your salad** with a little citrus juice or vinegar, instead of store-bought dressing.
- **Eat fish at least once a week**. At Charcut we grill it whole on the bone and season simply with salt, pepper, olive oil and fresh herbs.
- **Enjoy full-fat dairy products like sour cream and cheese in moderation** and avoid low-fat dairy products, as they're often packed with sugars.

Photo: Food Stylist: Susan Benson Cohen