

The Perfect Crunchy and Creamy Broccoli Cauliflower Salad Recipe

Let me show you why this salad works so well and how simple it is to make at home.



CREAMY BROCCOLI CAULIFLOWER SALAD

You Will Need

- 1 Medium Head Broccoli, chopped
- 1 Medium Cauliflower, chopped
- 1 Large Carrot, peeled and grated
-

TIME
15 min

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INGREDIENTS

For the Dressing: 1/2 cup mayonnaise 1/4 cup sour cream 2 tablespoons apple cider vinegar 2 tablespoons honey Salt and freshly ground black pepper to taste How I Make Creamy Broccoli Cauliflower Salad (:

DIRECTIONS

1. Step-by-: Step)
2. Prep the : Vegetables
3. I start by chopping the broccoli and cauliflower into small, bite-sized florets. I like to make sure the pieces are uniform so they mix evenly. Then, I finely dice the red onion for a bit of sharpness that complements the creamy dressing.
4. Make the : Dressing
5. In a medium bowl, I whisk together the mayonnaise, sour cream, apple cider vinegar, honey, salt, and pepper. I always give the dressing a quick taste and adjust the seasoning or sweetness if needed. The dressing should be smooth, tangy, and just slightly sweet.
6. Toss : It All Together
7. In a large mixing bowl, I combine the broccoli, cauliflower, red onion, shredded cheddar, crumbled bacon, and sunflower seeds. I pour the dressing over everything and toss until well coated.
8. Chill : Before Serving
9. I cover the salad and let it chill in the refrigerator for at least 30 minutes. This gives the flavors time to meld and lets the veggies soak up the dressing without losing their crunch.
10. Serve and : Enjoy
11. Before serving, I give the salad one last toss and sometimes add a handful of extra sunflower seeds or bacon on top for garnish.
12. My Favorite : Tips for the Best Broccoli Cauliflower Salad

13. Blanch the veggies if you prefer:
14. If you don't love raw broccoli or cauliflower, blanch them quickly in boiling water for 1 minute and then shock in ice water.
15. Use thick-cut bacon:
16. The added crunch and savory bite really elevates the salad.
17. Add fruit for sweetness:
18. Dried cranberries or raisins are great if you like a sweet-tart contrast.
19. Switch up the cheese:
20. Colby jack or pepper jack can add a fun twist.
21. Make it ahead:
22. This salad is perfect for prepping the day before, and it tastes even better the next day.
23. What I : Serve With Creamy Broccoli Cauliflower Salad
24. This salad pairs beautifully with just about anything. Here's what I like to serve it with:
25. Grilled chicken or steak

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