

Broccoli Stem and Cauliflower Core Italian Salad

Ingredients

Peeled stems and cores from broccoli and/or cauliflower

½ a fresh lemon

¼ c shaved parmesan cheese

Good quality extra virgin olive oil

Salt & pepper to taste

Instructions

1. Slice the stems and cores on a mandolin or slicer, thin as possible.
2. Squeeze lemon over slices and toss.
3. Add olive oil and toss.
4. Add parmesan cheese and salt & pepper to taste.
5. This is a delicious and impressive first course.

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