

Parmesan Broccoli and Cauliflower Salad

Recipe courtesy of Giada De Laurentiis

Total Time: 21 min

Prep: 15 min

Cook: 6 min

Yield: 4 servings Level: Easy

Ingredients

2 1/2 cups bite-sized broccoli florets
2 1/2 cups bite-sized cauliflower florets
2 eggs, lightly beaten
1 cup grated Parmesan
1/2 to 1 cup olive oil
1/2 teaspoon kosher salt
4 cups lightly packed fresh spinach leaves
1/2 lemon, zested
1 lemon, juiced
1/4 cup extra-virgin olive oil
1/2 teaspoon freshly ground black pepper
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Directions

Place the broccoli and cauliflower in a large bowl. Toss with the beaten eggs to coat evenly. Place the Parmesan in a large tray or baking dish and dredge the vegetables in the cheese, pressing to coat evenly.

Pour olive oil in a large heavy skillet until the olive oil is 1/4-inch deep, about 1/2 cup depending on the size of your skillet. Warm the olive oil over medium-high heat. When the oil is hot, carefully add the Parmesan-coated vegetables. Do not overcrowd the pan. Cook in batches, if necessary. Let the vegetables cook until a crust forms, about 3 minutes per side. Turn the vegetables only when they easily release from the bottom of the pan. Drain on paper towels and season with salt.

Place the spinach in a large bowl. In a small bowl, whisk together the lemon zest, lemon juice, extra-virgin olive oil, salt, and pepper. Drizzle the spinach with the vinaigrette and toss to coat. Add the Parmesan coated vegetables. Toss and serve.

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