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**Spicy Cauliflower Salad**

* 2 cups vinegar
* 2 cups of water
* 2 tbl of vinegar
* 1bulb of garlic (5- 6 cloves)
* 2 bay leafs
* 1 tbls red hot pepper flakes
* 2 tbls of salt
* 1 head of Cauliflower
* 2 celery stalk
* 2 carrots
* 1 bell pepper (any color , green, red, or yellow)
1. Put all the wet ingredients, ½ the red pepper flakes, Bay leaves, and garlic
2. Bring to a boil
3. Add the Cauliflower, celery, and carrots, 1 pepper
4. Bring to a boil reduce heat and cook for 6 min (till cauliflower is tender)
5. Remove from heat and allow to cool 5 minutes
6. Drain liquid reserve the liquid.
7. Put the salad in a bowl sprinkle with remain hot red pepper flakes and sprinkle with salt and add ½ cup of liquid .

Tip; Use remaining liquid add 1 cup of water 1 could of garlic and add green beans bring to boil and store green beans in the liquid for a spicy green been treat.

**Then recipe is from** [**www.superexhauted.com**](http://www.superexhauted.com) **/Cauliflower -Salad**