

# FOOD ON THE RUN!

## Sister-in-Law Salad

My sister in law always makes this salad (hence the name). It is a stunningly easy recipe and the salad keeps for days (similar to the 3 bean salad).

### INGREDIENTS

- 1 broccoli
- 1 cauliflower (or 2 cauliflower – leave broccoli)
- 1 onion (optional)
- 1 cup sugar
- 1 cup vinegar
- 1 cup oil

### METHOD

1. Break / cut broccoli and cauliflower into big pieces. Boil until still crispy.
2. Cut onion in thin slices.
3. Arrange onions in the bottom of the bowl and add broccoli and cauliflower on top.
4. Sprinkle sugar over hot cauliflower. } *(I am sure you can mix the sugar / oil and*
5. Add vinegar and oil. } *vinegar beforehand as well – but his is how the*
6. Refrigerate. } *recipe was give to me)*
7. Mix often to ensure all cauliflower/broccoli get covered with sauce.

**We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.**

**Forward any recipes to me at: [drocher@absamail.co.za](mailto:drocher@absamail.co.za)**

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