

Cauliflower Gold

Makes 8 Servings – Serving Size: ½ cup

Ingredients:

3 tablespoon Extra Virgin Olive Oil
1 Cauliflower – small florets
½ teaspoon Salt
½ teaspoon Chili Powder
1 teaspoon ground Cumin
½ teaspoon Turmeric
1 tablespoon Garam Masala
Pinch Cayenne Pepper
1 ½ cup Vegetable Stock
3 tablespoon Tomato Paste
½ cup Walnuts – toasted, course ground

Procedure:

In small bowl combine ½ teaspoon Chili Powder, 1 teaspoon ground Cumin, ½ teaspoon Turmeric, 1 tablespoon Garam Masala, a pinch Cayenne Pepper and set aside. In large sauté pan add oil, swirl to cover bottom then add cauliflower and toss. Sprinkle with salt, toss and mix well. Continue to toss, stir and agitate frequently until cauliflower becomes golden brown (takes about 15-18 minutes) and remove. To the hot pan add combined spices, lightly toast in pan (about 10 seconds), and add vegetable stock to prevent spices from over toasting, add tomato paste and mix well. Add cauliflower, toss, and sauté 2 minutes. Add course ground walnuts, mix well, remove and spread on flat pan, allow to cool 10 minutes, place in bowl and serve.

Nutritional Information per Serving:

Calories: 130	Sodium: 256mg	Sugars: 3g	Cholesterol: 0mg
Saturated Fat: 1g	Fiber: 3g	Protein: 3g	Carbohydrate: 7g

Created By Jim Perko CEC, AAC

CENTERS FOR INTEGRATIVE & LIFESTYLE MEDICINE | 216.448.4325



Consistency in size = consistency in doneness



Cauliflower is cooked until caramelized for sweetness & flavor



Spices are pan toasted for heightened taste



Vegetable stock & tomato paste are added & reduced to concentrate flavors



Cauliflower becomes tastefully glazed when added to reduced sauce with toasted walnuts



Finished Cauliflower Gold is enjoyable hot, warm or cold

CENTERS FOR INTEGRATIVE & LIFESTYLE MEDICINE | 216.448.4325