

Cauliflower Gold

(Makes 8 servings – Serving Size: ½ cup)

Ingredients:

- 3 tablespoons extra virgin Olive Oil
- 1 cauliflower – small florets
- 1 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 tablespoons tomato paste
- ½ cup walnuts – toasted, course ground



Directions:

1. 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.
2. 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.
3. 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.
4. Add course ground walnuts, mix well, remove and spread on flat pan, allow to cool 10 minutes, place in bowl and serve.

Nutritional Analysis: (per serving)

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| ▪ Calories: 130 | ▪ Total Fiber: 3g |
| ▪ Saturated Fat: 1g | ▪ Protein: 3g |
| ▪ Sugars 3g | ▪ Carbohydrate: 7g |
| ▪ Sodium: 400 mg | ▪ Cholesterol: 0 mg |

Source:

*Used with Permission and created by Jim Perko CEC
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