

## Side Dish

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# Indian-Style Cauliflower

Better Homes and Gardens Garden Fresh Recipes - July 2011

**Servings: 4**

**Start to Finish Time: 20 minutes**

**1/2 teaspoon dry mustard**

**1/4 teaspoon ground turmeric**

**1/4 teaspoon ground cumin**

**1/8 teaspoon ground coriander**

**1/8 teaspoon cayenne pepper**

**1 teaspoon vegetable oil**

**4 cups cauliflower florets**

**1 small red or green sweet pepper, cut into 1-inch pieces**

**4 green onions, bias-sliced into 1-inch pieces**

**1/4 cup chicken broth**

In a small bowl, combine the dry mustard, turmeric, cumin, coriander and cayenne pepper. Set aside.

In a wok or large skillet, heat the oil over medium-high heat. (Add more oil if necessary during cooking).

Add cauliflower to skillet. Cook and stir for 3 minutes.

Add sweet pepper and green onions. Cook and stir for 1 to 1 1/2 minutes.

Reduce the heat to medium. Add the mustard mixture. Cook and stir for 30 seconds.

Carefully stir in the broth. Cook and stir about 1 minute more or until the vegetables are heated through.

Serve immediately.

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Per Serving (excluding unknown items): 19 Calories; 1g Fat (59.5% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 50mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fat.