

Skillet Cauliflower

Jay Solomon

Relish Magazine - November 2010

Servings: 3

1 head (3 cups) cauliflower, outer leaves and stalk removed and cut into chunks

3 tablespoons butter

1/2 teaspoon coarse salt

Bring a large pot of water to a boil over high heat.

Add the cauliflower and cook until tender, about 15 to 18 minutes. Drain well.

Heat a large skillet over medium-high heat.

Add butter.

When sizzling, add the drained cauliflower.

Saute' until slightly golden, about 10 minutes.

Sprinkle the coarse salt on the cauliflower when serving.

Per Serving (excluding unknown items): 110 Calories; 12g Fat (91.2% calories from fat); 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 31mg Cholesterol; 440mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat.