

Cauliflower with Tomatoes and Garlic



Ingredients:

- 1 head cauliflower, chopped, remove stems and leaves
- 1 cup cherry or heirloom tomatoes, halved
- 1 cup carrots, shredded
- 4 garlic cloves, thinly sliced
- 1/2 cup sweet onions, thinly sliced
- 2 teaspoons extra-virgin olive oil
- 1/2 cup low-sodium vegetable stock or broth
- 1 tablespoon fresh lemon juice
- 1/8 teaspoon freshly ground black pepper
- 2 tablespoons fresh herbs of choice such as basil, oregano, or dill or 1 tablespoon dried

Directions:

1. In a large skillet, heat the olive oil over medium heat. Add the onions and garlic, cook until softened, 1 to 2 minutes.
2. Add the cauliflower, carrots, and vegetable stock. Cover, reduce the heat to medium-low for 5 minutes.
3. Stir in the tomatoes and cook uncovered until the cauliflower is tender, 5 to 7 minutes longer.
4. Remove from the heat and stir in the lemon juice, herbs, salt and pepper.

Makes 4 servings.



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