



Garlic Cauliflower

Makes 4 servings

Ingredients

2 teaspoons olive oil
1¼ pounds cauliflower florets
1 medium red bell pepper, seeded and cut into ½-inch strips
3 cloves garlic, minced

¼ teaspoon crushed red pepper
¼ cup vegetable stock or water

Instructions

1. Heat oil in a heavy, nonstick skillet over medium-high heat.
2. Sauté next four ingredients 2–3 minutes, stirring frequently.
3. Add stock, cover skillet and cook another 3–4 minutes or until cauliflower is tender.

Nutrition Facts

Serving size: 5 ounces; calories: 63; fat: 3g; saturated fat: 1g; cholesterol: 0mg; sodium: 39mg; carbohydrates: 8g; dietary fiber: 4g; protein: 3g; sugar: 3g

Recipe adapted from www.healthdiscovery.net

