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*by ewfood*

## Calorie Friendly Cauliflower

## Ingredients

48fl oz. water

½ lemon

1 head cauliflower

2 tsp. olive oil

2 cloves garlic, minced

1 oz. fresh parsley, chopped

1 fl oz. lemon juice

2 tsp. capers, drained

salt to taste

**Servings**

4

**Person**

## Preparation

- 1 Bring water boil in a large saucepan
- 2 Squeeze and add the lemon half into the water
- 3 Add the cauliflower and cook for 3 minutes
- 4 Drain and discard the lemon
- 5 Heat oil in a large nonstick skillet over medium-heat, add cauliflower to pan and cook 12 minutes or until soft
- 6 Add garlic and sauté until the garlic browns lightly
- 7 Transfer cauliflower mixture to a large bowl. Add parsley and the remaining ingredients and toss well.

## Cooks Note

Prep Time: 15 min; Cook Time: 15 min; Serves 4

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