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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