

CHARRED CAULIFLOWER & GRAPE TOMATOES

Yield: 4 Servings



TOTAL TIME: 25 minutes

INGREDIENTS

- 2 Tbsp. pure olive oil
- ½ head fresh cauliflower, broken into small florets, washed and wiped dry (about 5 cups)
- 12–16 grape tomatoes, washed and wiped dry
- Salt to taste
- ½ tsp. curry powder

PREPARATION

1. Add 1 Tbsp. oil to large skillet on high, until oil faintly smokes. Add cauliflower; reduce heat to medium-high. Cook 4–6 min., stirring occasionally, until darkened on the edges. Remove from pan; wipe pan of excess oil.
2. Add remaining Tbsp. oil to skillet on high, until oil faintly smokes. Add tomatoes; reduce heat to medium-high. Cook 1–3 min., until they're blackened on one side.
3. Return cauliflower to pan with tomatoes; reduce heat to medium. Season to taste with salt; add curry powder. Sauté 1–3 min., until cauliflower is heated through. (Tomatoes should remain whole, not collapse.)

NUTRITION

Per serving: Calories: 100; Fat: 7 g (1 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 9 g; Protein: 3 g; Fiber: 4 g; Sodium: 40 mg.

Recipe courtesy of Wegmans