

Curry Cauliflower with Toasted Almonds

Makes 4 servings

Ingredients

- 1 cup water
- 4 cups cauliflower florets (2- to 3-pound head)
- ½ cup raw slivered almonds
- 1 tablespoon extra-virgin olive oil
- ½ cup sliced leek
- 2 teaspoons curry powder
- 1 ½ tablespoons lemon juice
- ¼ cup chopped fresh parsley

Directions

1. Place a steamer basket in a medium saucepan with water. Heat over medium heat until simmering, then turn heat down to low. Place cauliflower in the steamer basket, cover and cook for 5 to 8 minutes or until cauliflower is tender.
2. While cauliflower is steaming, place almonds in a medium skillet over medium heat for 1 to 2 minutes or until lightly toasted. Transfer to a plate to cool.
3. Add oil to skillet and heat over medium heat. Add sliced leek, stirring, for 3 to 5 minutes or until tender. Add remaining ingredients and cook for 30 to 60 seconds. Add cauliflower and toss until well-coated.
4. Enjoy warm.



SIDE DISH



TIP

Make this side dish with a variety of vegetables to add more color and nutrition to your plate!*

*Option not included in nutrition facts.

♥ = heart smart = low sodium = gluten free

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nutr-ah-58571 (8/18)

Nutrition Facts

Serving Size 1 cup (265g)
Servings Per Container 4

Amount Per Serving

Calories 180 **Calories from Fat 90**

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 75mg **3%**

Total Carbohydrate 17g **6%**

Dietary Fiber 7g **28%**

Sugars 6g

Protein 8g

Vitamin A 10% • Vitamin C 240%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: nuts
Carb choices per serving: 1