



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### **Cauliflower with Lemon-Pine Nut Dressing**

#### **Ingredients:**

- 1 tablespoon extra virgin olive oil
- 3 tablespoons pine nuts, chopped
- 1 clove garlic, minced
- 1 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 3 sprigs flat-leaf parsley, chopped
- 1 pound cauliflower florets (about 4 cups)
- ¼ teaspoon kosher salt

#### **Directions:**

1. In a small sauté pan, heat the oil over medium heat. Sauté the pine nuts until just starting to brown, 1-2 minutes. Stir in the garlic and cook 1 minute more.
2. Remove from the heat and transfer to a large heat-proof bowl. Allow to cool, then mix in the lemon zest, lemon juice, and parsley.
3. Steam the cauliflower until it's tender but still has some bite, 3-5 minutes.
4. Allow the cauliflower to cool slightly, then toss with the dressing. Season with salt.

Serves 4

100 calories, 8 g fat, 1 g saturated fat, 7 g carbohydrate, 3 g fiber, 3 g protein, 150 mg sodium

Source: Center for Science in the Public Interest

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