



## Cauliflower “Pilaf”

**Prep: 15 minutes**

**Cook: 15 minutes • Serves: 6**

- 1 small head cauliflower, coarsely chopped
- 1 tablespoon unsalted butter
- 4 garlic cloves, minced
- 1 cup chopped red onion
- ¼ cup sliced almonds
- ½ teaspoon salt
- 1 cup frozen green peas, thawed
- 1 cup matchstick shredded carrots
- ½ cup low-sodium chicken broth
- Chopped fresh parsley for garnish (optional)

**1.** In food processor with knife blade attached, pulse cauliflower 10 times or to rice-like consistency. (You should have about 4 cups.)

**2.** In large skillet, melt butter over medium-high heat; add garlic, onion, almonds and salt. Cook 5 minutes or until vegetables are tender and almonds are toasted, stirring occasionally. Stir in peas, carrots, broth and cauliflower; cover and cook 7 minutes or until cauliflower is tender. Makes about 6 cups.

**3.** Serve sprinkled with parsley, if desired.

*Approximate nutritional values per serving:*

*96 Calories, 4g Fat (1g Saturated), 5mg Cholesterol, 240mg Sodium, 12g Carbohydrates, 4g Fiber, 5g Protein*

### Dietitian's Dish

> Cauliflower is all about the C's – low in carbohydrates and calories, plus high in vitamin C. The purple variety adds color and antioxidants (anthocyanins) to your plate!