

Browned Butter Roasted Cauliflower

*Gina Myers - Spokane, WA
Taste of Home Magazine - Feb/ Mar 2014*

Servings: 4

*6 cloves garlic, unpeeled
3 tablespoons unsalted butter
1 medium head cauliflower, broken
into florets
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup golden raisins
1/4 cup fresh parsley, chopped
1 tablespoon capers, drained and
coarsely chopped
2 teaspoons lemon juice*

Preparation Time: 50 minutes

Bake: 15 minutes

Preheat the oven to 400 degrees.

Cut the stem ends off of the unpeeled garlic cloves. Wrap the cloves in a piece of foil. Bake for 25 to 30 minutes or until the cloves are soft. Unwrap and cool to room temperature. Squeeze the garlic from the skins. Mash with a fork.

Meanwhile, in a small heavy saucepan, melt the butter over medium heat. Heat for 5 to 7 minutes or until golden brown, stirring constantly. Remove from the heat.

Place the cauliflower florets in a 15x10x1-inch baking pan. Drizzle with the browned butter. Sprinkle with salt and pepper. Toss to coat.

Roast for 15 to 20 minutes or until the cauliflower is golden brown and tender.

Transfer to a bowl. Add the remaining ingredients and roasted garlic. Toss well to combine.

Per Serving (excluding unknown items): 123 Calories; 9g Fat (60.5% calories from fat); 1g Protein; 12g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 165mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Side Dishes

Calories (kcal):	123	Vitamin B6 (mg):	.1mg
% Calories from Fat:	60.5%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	35.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	9g	Folacin (mcg):	21mcg
Saturated Fat (g):	5g	Niacin (mg):	trace
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	23mg	% Refused:	0 0%
Carbohydrate (g):	12g		
Dietary Fiber (g):	1g		
Protein (g):	1g		
Sodium (mg):	165mg		
Potassium (mg):	200mg		
Calcium (mg):	28mg		
Iron (mg):	1mg		
Zinc (mg):	trace		
Vitamin C (mg):	20mg		
Vitamin A (i.u.):	530IU		
Vitamin A (r.e.):	100 1/2RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	1/2
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	123	Calories from Fat:	74
% Daily Values*			
Total Fat	9g		13%
Saturated Fat	5g		27%
Cholesterol	23mg		8%
Sodium	165mg		7%
Total Carbohydrates	12g		4%
Dietary Fiber	1g		5%
Protein	1g		
Vitamin A			11%
Vitamin C			33%
Calcium			3%
Iron			4%

* Percent Daily Values are based on a 2000 calorie diet.