

Nourish Program's Sweet and Smoky Spiced Cauliflower

Yield: about 4 servings

Serving size: ½ cup

Amount:	Ingredient:
1 lb.	Cauliflower, cut into equal size pieces (about 1 head of cauliflower)
2 Tbsp	Canola oil
1 Tbsp	Water
2 tsp	Smoked paprika (sweet)
1 tsp	Basil, dried
¼ tsp	Cinnamon
½ tsp	Kosher salt

Method:

1. Place cauliflower, oil, and water in a microwaveable safe bowl
2. Add paprika, basil, cinnamon, and salt
3. Cover loosely with lid or a damp paper towel
4. Cook on high in the microwave for 3 minutes, check for desired doneness
5. Continue cooking in 1-minute intervals until vegetables reached desired texture
6. Stir well before serving to evenly coat vegetables with seasoning

Helpful Tips:

- Microwaving ratio is 2 Tbsp of oil, 1 tbsp of water, 1 tsp of seasoning and 1 lb. of vegetables
- Cook for 3-4 minute for crunchy vegetables and cook 5-6 minutes for softer vegetables
- Some hard vegetables (sweet potatoes, beets, etc.) will take an additional 3-5 minutes of cook time over soft flesh vegetables (summer squash, zucchini, etc.)

Equipment Needs:

- Microwaveable safe bowl
- Lid or paper towel
- Chef knife
- Non-slip padding
- Measuring spoons
- Wooden spoon