

5-Minute Healthy Sautéed Cauliflower

Enjoy the extra flavor and health benefits from combining cauliflower with turmeric for this easy-to-prepare, great-tasting side dish that will complement almost any meal. Turmeric has long been recognized as a powerful anti-inflammatory in both Chinese and Indian systems of medicine, and modern scientific research continues to reinforce the benefits of this tasty spice. One serving of this dish also provides 181% of the daily value (DV) for vitamin C, 46% DV for vitamin K, and 33% DV for folate. Enjoy!

Prep and Cook Time: 5 minutes

Ingredients:

1 lb cauliflower
5 TBS low-sodium chicken or vegetable broth
1 tsp turmeric

Mediterranean Dressing

3 TBS extra virgin olive oil
2 tsp lemon juice
2 medium cloves garlic, pressed or chopped
sea salt and pepper to taste

Optional:

1 TBS chopped cashews
2 TBS Parmesan or Romano cheese
2 TBS chopped cilantro
1 TBS mango chutney
1 TBS chopped cilantro

Directions:

1. Cut cauliflower florets into quarters and let sit for 5 minutes to bring out their hidden health benefits.
2. Press or chop garlic and [let sit](#) for 5 minutes.
3. Heat 5 TBS broth in a stainless steel skillet on medium heat.
4. When broth begins to steam, add cauliflower and turmeric and cover. For *al dente* cauliflower, cook for no more than 5 minutes.
5. Transfer to a bowl. For more flavor, toss cauliflower with the remaining ingredients while it is still hot. (Mediterranean Dressing does not need to be made separately.)

Serves 2