

ROASTED CAULIFLOWER WITH PINE NUTS AND RAISINS

INGREDIENTS:

- 1 large head cauliflower (about 4 cups), cored and cut into florets
- 1/4 cup olive oil
- 1/4 cup pine nuts
- 1/4 cup golden raisins
- 1 lemon, juiced and zested
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 425°F and line a rimmed baking sheet with parchment paper.
2. Spread cauliflower on baking sheet, drizzle with 2 tablespoons olive oil, and season with salt and pepper. Toss to coat. Re-spread the cauliflower evenly on the baking sheet and roast for 20 – 25 minutes, tossing once.
3. Meanwhile, carefully toast pine nut in a medium, dry skillet over medium heat. (Keep an eye on them, they are easy to burn!) Once they become fragrant and have light brown color, add the raisins, olive oil, and lemon juice to skillet. Cook for about 1 more minute on very low heat, or until raisins have softened.
4. Turn off heat and stir in parsley and lemon zest.
5. Toss roasted cauliflower with pine nut and raisin mixture. Serve warm immediately, or cool to room temperature.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 3/4 cup (158g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 240 | Calories from Fat 180 |
| % Daily Value* | |
| Total Fat 20g | 31% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 100mg | 4% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 3g | 12% |
| Sugars 10g | |
| Protein 3g | |
| Vitamin A 6% | • Vitamin C 100% |
| Calcium 4% | • Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

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