

Cauliflower Gratin with Tomatoes and Feta

Author: Adapted from Deborah Madison, Vegetarian Cooking for Everyone



1. Cut up the cauliflower and place in a microwave-safe bowl. Add a tablespoon of water, cover and cook the cauliflower until it's almost cooked through, but still just slightly firm.
2. Heat oil in a 10-inch skillet over medium heat. Add the onion, garlic, oregano, and cinnamon and cook until the onion is wilted, about 5 minutes. Add the tomatoes, cook for 7 minutes more, then add the honey and capers and season with salt and pepper. Add the drained cauliflower then add the lemon juice and feta cheese.
3. Simmer the cauliflower for 3-5 minutes until it's heated through, the cauliflower is cooked and the feta has softened. Garnish with the parsley and serve.

2 tablespoons olive oil (2 to 3)
1 onion, thinly sliced
2 garlic cloves, chopped
1 1/2 teaspoons dried oregano
1/8 teaspoon ground cinnamon
5 fresh tomatoes, peeled, seeded, and diced or 1
15-ounce can diced tomatoes
1 teaspoon honey
1 tablespoon capers, rinsed
Salt and freshly milled pepper
1 large cauliflower, about 11/2 pounds, broken
into florets
Juice of 1/2 lemon
3 ounces feta cheese, crumbled
Finely chopped parsley

Per Serving (excluding unknown items): 174 Calories; 12g Fat (58.1% calories from fat); 5g Protein; 14g Carbohydrate; 3g Dietary Fiber; 19mg Cholesterol; 279mg Sodium.
Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>