

Pan-Seared Cauliflower with Capers

The cauliflower is steamed first in a skillet and then pan-seared for flavor. You can also roast the cauliflower instead and include olives, crumbled feta cheese or toasted pine nuts for variation. Recipe by Amanda Cushman.

1 cup water

1 medium cauliflower, core removed and cut into medium florets

3 tablespoons virgin olive oil, divided

2 cloves garlic, minced

3 tablespoons capers, rinsed

2 tablespoons cider vinegar

Salt and pepper, to taste

2 tablespoons dill, roughly chopped

1 cup cherry tomatoes, halved

2 tablespoons flat leaf parsley, chopped

Heat a large skillet over medium-high heat and add 1 cup of water. Add the cauliflower and cover. Steam for 3 minutes and then uncover the pan. Turn the heat to medium high and let the pan dry out.

Add 2 tablespoons of the olive oil and the garlic and shake the pan once or twice. Pan-sear until cauliflower is tender, or about 3 to 4 minutes.

Remove cauliflower from pan and add to a medium serving bowl. Add the capers, vinegar, remaining olive oil, salt, pepper, dill, cherry tomatoes and parsley. Toss and taste for seasoning.

Serve warm or at room temperature.