



Nashville Hot CAULILINI® baby cauliflower with Shaved Goat Cheese

Servings

6

Calories

120

Prep Time

10 minutes

Total Time

45 minutes

Skill Level

Easy

Ingredients

- 1 cup dry white wine
- 1 teaspoon roasted garlic
- ¼ cup hot sauce
- ¼ teaspoon ground chili pepper powder
- ¼ teaspoon ancho chili powder
- ¼ teaspoon cayenne pepper
- ¼ teaspoon fresh thyme
- 1 pound CAULILINI® baby cauliflower
- 2 tablespoons cold butter
- ½ cup shaved firm goat cheese



The Method

In a 2 quart saucepan, add in the white wine, garlic, hot sauce, and seasonings. Bring to a simmer and reduce heat by half.

While sauce is reducing, in a large pot bring 4-6 cups of water to a boil. Blanch the CAULILINI® baby cauliflower for about 4-6 minutes or until tender. Once tender, remove from water and set aside.

In a medium sized pan, heat a flavorless oil of your choice over medium-high heat. When the pan is hot, add in the CAULILINI® baby cauliflower. Let the CAULILINI® baby cauliflower sear to a golden brown, and then add some of the reduced sauce to coat the CAULILINI® baby cauliflower. Once coated, remove from heat and place on serving dish.

Return the pan with the remaining sauce and add the butter, simmer over low heat. Stir until butter is completely melted, then drizzle the sauce over the CAULILINI® baby cauliflower. Garnish the top of the CAULILINI® baby cauliflower with the shaved goat cheese.

Nutrition Facts

Serving Size: 140g | Servings: 6

Amount Per Serving

Calories 120 | Total Fat 7g (sat fat 4g trans 0g) | Cholesterol 20mg | Sodium 400mg | Total Carbohydrate 5g | Dietary Fiber 2g | Sugars 2g | Protein 2g | Vitamin D 0% | Calcium 2% | Iron 6%