



Nashville Hot CAULILINI® baby cauliflower with Shaved Goat Cheese

Servings

4

Calories

110

Prep Time

25 minutes

Total Time

1 hour

Skill Level

Medium

Ingredients

- ½ cup dry white wine
- ½ teaspoon roasted garlic
- ⅓ cup hot sauce
- ⅓ teaspoon ground chili pepper powder
- ⅓ teaspoon ancho chili powder
- ⅓ teaspoon cayenne pepper
- ⅓ teaspoon fresh thyme
- 1 (10 ounce) bag CAULILINI® baby cauliflower
- 1 tablespoon cold butter
- ¼ cup shaved firm goat cheese



The Method

In a 2 quart saucepan, add in the white wine, garlic, hot sauce, and seasonings (chili pepper powder, ancho chili powder, cayenne pepper & thyme). Bring to a simmer and reduce heat by half.

While sauce is reducing, in a large pot, bring 3-4 cups of water to a boil. Blanch the CAULILINI® baby cauliflower for about 3-4 minutes or until tender. Once tender, remove from boiling water, place in ice water to cool, remove from ice water and set aside.

In a medium sized pan, heat 2 tablespoons 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.



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Nutrition Facts

Serving Size 126g | Servings: 4

Amount Per Serving

Calories 110 | Total Fat 6g (sat fat 4g trans 0g) | Cholesterol 20mg | Sodium 230mg | Total Carbohydrate 5g | Dietary Fiber 2g |
Sugars 3g (Includes 0g Added Sugars) | Protein 3g | Vitamin D 0% | Calcium 4%mg | Iron 6% | Potassium 4%