



GARLIC MUSHROOM CAULIFLOWER SKILLET

Looking for the perfect side dish addition to your main course? Try this delicious and nutritious recipe. Mushroom and cauliflower both contain important nutrients! Some of these nutrients include B vitamins, vitamin C, vitamin K, and folate. Moreover, this recipe is quick and easy to prepare; in only 25 minutes you'll have a stunning dish to keep to yourself or share with family and friends!

Yield: 2 Servings

Ingredients

- 2 tablespoon unsalted **butter**
- ½ tablespoon **olive oil**
- ¼ **onion**, chopped
- ¼ head **cauliflower**, cut into florets
- 1 tablespoon low sodium **vegetable stock**
- ½ pound **mushrooms**
- ½ teaspoon **thyme leaves**, chopped*
- 1 tablespoon **parsley**, chopped*
- 2 cloves **garlic**, minced
- **Salt** and **pepper**, to taste

Instructions

1. Heat the butter and oil in a large pan or skillet over medium-high heat. Sauté the onion until softened, which takes about 3 minutes.
2. Add the mushrooms and cook for about 4-5 minutes, so all sides are evenly browned. Make sure the mushrooms render as much moisture as possible. You may wish to brown the mushrooms a bit more, so the dish doesn't become soggy at the end. Monitor it so it does not burn.
3. Once mushrooms are browned, add cauliflower florets. Cook cauliflower until golden and crispy on the edges, this should about 8-10 minutes.
4. Pour in the vegetable stock and cook for 2 minutes, scraping up any browned bits, to reduce the sauce slightly
5. Add thyme, ½ tablespoon of parsley, and garlic and cook mixture about 1 minute, until fragrant. Season with salt and pepper. Garnish with remaining parsley.

*Chef's Note: If you don't have fresh herbs on hand, you may use dried herbs instead. Simply reduce the amount to one third the original amount.

Per Serving: Calories 184, Carbohydrates 7.41 g, Protein 4.9 g, Saturated Fat 8.21 g, Sodium 75.85 mg, Fiber 2.34 g, Sugars 3.14 g