

## Sauteed Cauliflower with Currants and Pinoli



Currants are tiny dark dried grapes that hail originally from Corinth in Greece. The subtle sweetness of this fruit blends perfectly with the astringent qualities of the cauliflower, giving the combination of these ordinary ingredients a unique flavorful character. Italians love their “cavolfiore” and this is one version of what they might do with it.

Serving size: approx. 1/2 cup. Serves 7.

### Ingredients

2 tablespoons olive oil  
1 cup chopped onion (approx. 4 oz)  
3 cloves garlic, minced  
6 cups tiny cauliflower florets (approx. 18 oz)  
2 teaspoons freshly ground sea salt  
¼ teaspoon freshly ground pepper  
¼ cup toasted pinoli nuts  
2 tablespoons orange zest  
2 tablespoons currants

### Directions

1. Heat the oil in a large heavy fry pan.
2. Add the onion and garlic and sauté for 2-3 minutes or until the onions become soft.
3. Add the cauliflower, salt and pepper.
4. Lower the heat to a medium flame and continue cooking for 10 minutes, stirring constantly to allow for even cooking.
5. Add the pinoli nuts and cook for another 5 minutes, raising the heat slightly.
6. Remove from heat. Add the zest and the currants, mix well and serve.

### Nutritional Information

Calories: 100  
Carbohydrates: 10 g  
Protein: 3 g  
Fat: 6 g  
Saturated Fat: < 1 g  
Cholesterol: 0 mg  
Fiber: 3 g

GI Value: 16 - low