

Cauliflower Recipe -quick cook in the skillet

This quick cook cauliflower recipe is an easy way to get healthy veggies on your dinner plate—including lots of garlic, which is always a good idea, right? Lemon zest adds terrific flavor and nutrition to this dish. Cauliflower is a great ingredient because it brings tons of nutrition to the table without being overpowering, so it can be used in many different types of recipes.

Cauliflower Recipe Ingredients:

1 head CAULIFLOWER (cut into florets)
1 bulb of GARLIC (finely chopped)
1 cup ONION (chopped)
½ cup PEPPERS (sliced)
3 Tbsp OLIVE OIL
zest of 1 LEMON
2 Tbsp LEMON JUICE
SALT and PEPPER (to taste)
WATER (as needed)

In a large skillet, heat olive oil on medium high heat and add cauliflower florets. The oil should be hot enough to sizzle when the cauliflower hits the pan. Sear the florets for 3-4 minutes —keep them moving enough not to burn, but let them rest long enough to get a nice seared edge where possible. The florets will soak up the oil pretty quick—add water sparingly when needed.

Reduce the heat to medium and add the onion. Mix and give the onion a minute head start before adding the garlic and peppers. Add salt to taste and continue sautéing the vegetables for 1-2 minutes.

Then add ¼ water, cover, and cook 2 minutes.

After 2 minutes, add black pepper, lemon zest and juice, mix, and remove from heat.

At this point, all of your cauliflower dreams will be coming true.

Give this cauliflower recipe a try and let me know what you think, and...

Bon appétit!

Cauliflower Fun Facts:

Cauliflower is a flower.

It is very high in Vitamin C.

Kids pretend to hate cauliflower, but they actually love it.

Hell...if you'll eat that cauliflower recipe, then you'll probably eat this [Brussels Sprouts Recipe](#), too.