



Curried Coconut Quinoa and Greens With Roasted Cauliflower

Recipe Source: www.cookieandkate.com

Ingredients:

Roasted Cauliflower

1 head cauliflower, cut into bite-sized florets
1 Tbsp olive oil
¼ tsp cayenne pepper
Sea salt

Curried Coconut Quinoa with Greens

2 tsp olive oil
1 medium yellow onion, chopped
1 tsp ground ginger
1 tsp ground turmeric

½ tsp curry powder
½ tsp ground cardamom
1 (14 oz) can light coconut milk
½ cup water
1 cup quinoa, rinsed well in a fine mesh colander
¼ cup raisins
1 tsp sea salt
1 Tbsp apple cider vinegar
4 cups baby arugula or chopped chard or spinach
2 green onions, chopped, for garnish
Red pepper flakes, for garnish

Steps:

- Roast the cauliflower: Preheat oven to 425°F. Toss the cauliflower florets with the 1 Tbsp olive oil, cayenne pepper and a light sprinkle of sea salt. Roast for 25 to 30 minutes on the middle rack, turning halfway, until the cauliflower is tender and golden on the edges. Set aside.
- Cook the quinoa: In a large pot with a lid, warm the 2 tsp olive oil over medium heat. Add the onion and cook until it is turning translucent, stirring often, about 5 minutes. Add the ginger, turmeric, curry powder, and cardamom and stir until fragrant, about 30 seconds. Pour in the coconut milk, water, rinsed quinoa and raisins. Bring the mixture to a boil, then cover and reduce heat to a simmer. Cook for 15 minutes, then remove the pot from heat and let it rest for 5 minutes.
- Fluff the quinoa with a fork. Stir in the salt, vinegar and greens (if you intend to eat this dish as leftovers, I recommend storing leafy greens separate from the quinoa, as the greens don't reheat well). Divide the quinoa into bowls and top with roasted cauliflower. Garnish with sliced green onions and red pepper flakes if desired.

Tips from the Test Kitchen: This is a fun recipe to try a unique but delicious combination of flavors!

Nutritional Facts: per serving Calories: 406, Carbohydrates: 53 grams, Protein: 11 grams, Total Fat: 18 grams, Saturated Fat: 6 grams, Cholesterol: 0 mg, Sodium: 95 mg, Fiber: 8 grams, Total Sugars: 15 grams.

