

Browned Butter Roasted Cauliflower from Taste of Home

Ingredients

6 garlic cloves, unpeeled
3 tablespoons unsalted butter
1 medium head cauliflower, broken into florets
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup golden raisins
1/4 cup chopped fresh parsley
1 tablespoon capers, drained and coarsely chopped
2 teaspoons lemon juice

Directions

1. Preheat oven to 400°. Cut stem ends off unpeeled garlic cloves. Wrap cloves in a piece of foil. Bake 25-30 minutes or until cloves are soft. Unwrap and cool to room temperature. Squeeze garlic from skins. Mash with a fork.
2. Meanwhile, in a small heavy saucepan, melt butter over medium heat. Heat 5-7 minutes or until golden brown, stirring constantly. Remove from heat.
3. Place cauliflower in a greased 15x10x1-in. baking pan. (Use a dark coated pan for best results) Drizzle with browned butter; sprinkle with salt and pepper. Toss to coat. Roast 15-20 minutes or until cauliflower is golden brown and tender.
4. Transfer to a bowl. Add remaining ingredients and roasted garlic; toss to combine. Yield: 4 servings.

Nutritional Facts

3/4 cup equals 148 calories, 9 g fat (5 g saturated fat), 23 mg cholesterol, 260 mg sodium, 17 g carbohydrate, 4 g fiber, 4 g protein.