

# Cauliflower Fra Diavolo

Nutritional information on back.



*Fold or cut here to fit in recipe box.*

## *Cauliflower Fra Diavolo*

- 2 Tbsp. extra virgin olive oil
- 1½ cups onion, diced in ¾-inch pieces
- 1 large garlic cloves, finely chopped
- 2 Tbsp. tomato paste
- 1 tsp. dried thyme
- ½ tsp. sugar
- Pinch red pepper flakes
- ½ cup fat-free, reduced-sodium chicken broth
- ½ cup raisins
- 4 cups cauliflower in 1-inch florets
- Salt and freshly ground pepper, to taste

In deep medium skillet, heat oil over medium-high heat. Add onions and cook until golden, 4 - 6 minutes, stirring often. Add garlic and cook until onions are browned, 1 - 2 minutes, stirring often. Add tomato paste, thyme, sugar and red



pepper flakes. Pour in broth and stir to combine. Add cauliflower, raisins and salt and pepper to taste, stirring to coat them with tomato mixture. Cover and cook over medium-low heat until cauliflower is tender, about 10 minutes, stirring often. Transfer cauliflower to serving bowl and let sit until warm or room temperature before serving. This dish keeps, covered in refrigerator, for up to 3 days. Bring to room temperature before serving. Makes 4 servings.

*Nutritional information per serving*

150 calories, 4 g total fat (0.5 g saturated fat), 29 g carbohydrate, 4 g protein, 5 g dietary fiber, 160 mg sodium