

Seared Cauliflower with Romesco, Quinoa, and Green Beans (Serves 2, 580 cal./serving)

Main Course:

2 Tbs chopped onion
½ head of cauliflower
½ c. quinoa
10-12 fresh green beans
10-12 salted pistachios
4 Tbs grated Parmesan cheese

Romesco Sauce (2 cups):

¼ onion chopped
2 cloves garlic peeled and minced
1 Roma tomato chopped
2 red bell peppers
¼ c. olive oil
2 Tbs red wine vinegar
2 or 3 shakes of red pepper flakes
1 tsp salt

Romesco Sauce (makes enough to have 1 c. extra, can be frozen for later use)

Start broiler on high. Cut bell peppers into lengthwise quarters, stem and seed. Place under broiler on baking sheet cover in foil. Broil 7-10 minutes until blackened, turn if necessary. May take another 5 minutes. Let rest under a pan lid for 10 minutes, then peel away as much skin as possible.

Meanwhile, in small amount of olive oil, sauté onion and garlic until clear. Add red pepper flakes and tomato and continue to cook over med heat until tomato breaks down.

Combine peeled peppers and sautéed onion, etc. in blender with olive oil, vinegar, and salt. Process until blended smooth

Main course:

Preheat oven to 450 degrees.

In 2 tsp olive oil sauté onion for 2 minutes. Add quinoa and toast for 1 minute. Add 1 cup water and pinch of salt. Bring to a boil, cover, reduce heat to med-low and cook for 15 minutes. Let rest for 5 minutes before serving.

Place cauliflower flat on cutting board and slice straight down into about ¼ inch slices. Sear in heated olive oil in oven-ready pan. Once hot, season with salt and pepper and cook for about 3 minutes, flipping once with tongs. Place in oven and bake for 15 minutes.

Bring water to boil in small pot. Add green beans and simmer for 3 minutes. Strain. Return beans to pot and warm over low heat until water evaporates. Turn heat off and add touch of olive oil, salt and pepper.

Chop shelled pistachios roughly and stir into cooked quinoa.

Toast quinoa-pistachio mixture by spreading on baking sheet and baking 5 minutes.

Plate two dishes by smearing about 1 Tbs. Romesco sauce across plate, lay cauliflower on top, spoon quinoa across. Spoon additional sauce over top and finish with Parmesan cheese. Rest green beans against cauliflower.