

Lemon Caper Cauliflower & Summer Squash



Makes:

4 servings

Utensil:

Saladmaster Food Processor

2 Qt./1.8L Sauce Pan with Cover

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Recipe:

Contributed By:

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Recipe Description:

This simple dish requires very little preparation and cooks up quickly when you are looking for a healthful accompaniment to a quick meal. Salty capers and bright notes of lemon make this dish pop with flavor.

1 small
head cauliflower, cut into small florets (approximately 2 cups)
2 cups
zucchini or yellow squash, processed, use Cone #3
1 - 2 tablespoons
olive oil
(15 - 30
mL)
2 tablespoons
lemon juice, fresh
(30
mL)
1 lemon, zest, use Cone #1
1 teaspoon
wild capers, drained
(9
g)
2 scallions, sliced thin (green and white part)
½ teaspoon
natural salt
(3
g)
fresh ground pepper, to taste

Directions:

1. Place cauliflower pieces in sauce pan, cover with water, and then drain excess water from cauliflower.
2. Place zucchini on top of cauliflower in sauce pan.

3. Place cover on sauce pan and turn heat to medium. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook approximately 8 - 10 minutes until tender crisp.
4. In a small bowl combine olive oil, lemon juice, zest, mustard, capers, scallions and salt. Stir vigorously to combine.
5. When vegetables are done cooking, transfer to a serving bowl and pour dressing on top of vegetables. Toss vegetables to combine, taste and add extra seasonings as necessary.
6. Add fresh ground pepper, if desired.

Tips:

- Replace scallions with 1 tablespoon (6g) minced shallots.
- Add fresh minced dill, parsley or basil to dressing for additional flavor.
- Serve hot at room temperature. Pair with grilled fish or pan fried chicken breast for a light meal.
- Leftovers make a delicious cold salad.

Nutritional Information per

▼ Serving

Calories: 61

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 0mg

Sodium: 387mg

Total 7g

Carbs:

Dietary Fiber: 3g

Sugar: 3g

Protein: 2g

Nutritional analysis calculated using 1 tablespoon (15 mL) olive oil