

Roasted Cauliflower with Apple and Dill



Chef: Jerry Traunfeld

Cookbook: The Herbal Kitchen: Cooking with Fragrance and Flavor

Publisher: William Morrow

Information

Course: side dish

Total time: under 1 hour

Skill level: Easy

Cost: Inexpensive

Yield: 4 Servings

Notes

No other herb complements cauliflower as well as dill. Rather than steaming or boiling the cauliflower, I roast it in a very hot oven, which brings out its nuttiness and minimizes its cabbagelike characteristics.

This is a stunning side dish that you can pop in the oven and pay very little attention to while you prepare the rest of your dinner.

Ingredients

- 1 cauliflower, about 1½ pounds, core removed and separated into florets
- ½ large red onion, cut into ¼-inch-thick slices from root to tip
- 1 large unpeeled apple, cored and coarsely diced
- 3 tablespoons extra virgin olive oil
- ¾ teaspoon kosher salt
- 3 tablespoons dried currants
- ¼ cup plus 2 tablespoons coarsely chopped dill weed

Directions

Preheat the oven to 450°F. Toss together the cauliflower, onion, apple, olive oil, and salt in a large shallow baking dish and spread the ingredients out into a single layer. Bake for 20 to 30 minutes, stirring once or twice along the way, until some of the edges of the cauliflower begin to brown. Stir in the currants and continue to bake for about 10 more minutes, stirring another time or two, or until most of the edges of the cauliflower are browned. Sprinkle with the dill, stir again, and scoop it into a serving dish.

Nutritional Information

Nutrients per serving

Calories	180kcal (9%)
Calcium	46mg (5%)
Vitamin C	75mg (126%)
Vitamin A	5mcg RAE (0%)
Potassium	585mg

Magnesium	29mg
Protein	3g
Sugar	14g
Fiber	5g
Total Carbohydrate	21g
Cholesterol	0mg (0%)
Sodium	482mg (20%)
Saturated Fat	2g (8%)
Fat	11g (16%)
Iron	1mg (6%)