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Cauliflower With Whole-Wheat Breadcrumbs

This side dish is rich in flavor, but low in calories

Recipe Source: *Deliciously Healthy Dinners*

Prep time	Cook time	Yields	Serving Size
10 minutes	10 minutes	4 servings	1 C cauliflower

Ingredients

- 1 slice whole-wheat bread
- 1 medium cauliflower head, rinsed
- ¼ tsp salt
- 1 Tbsp soft tub margarine
- ½ tsp ground black pepper

calories	45
Total fat	4 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	120 mg
Total fiber	2 g
Protein	2 g
Carbohydrates	5 g
Potassium	152 mg

Directions

- 1 Place the bread in a toaster oven on very low heat. Toast as long as possible without burning (about 5 minutes).
- 2 While bread toasts, trim leaves and stalks from cauliflower. Cut into individual florets.
- 3 Place 1 inch of water in a 4-quart pot with lid. Insert steamer basket, and place cauliflower in basket. Sprinkle with salt. Cover. Bring to a boil over high heat. Reduce heat to medium. Steam for 5–8 minutes, until easily pierced with a sharp knife. Do not overcook.
- 4 While cauliflower steams, break toast into small pieces. Pulse toast in food processor until medium-sized crumbs form. Tip: If you don't have a food processor, break or crush the toasted bread into finer pieces or buy whole-wheat breadcrumbs and use 2 tablespoons.
- 5 When cauliflower is done, remove from heat. Melt margarine in another pan over medium heat. Add breadcrumbs and pepper. Cook and stir, about 5 minutes. Add cauliflower to pan with breadcrumbs. Toss until well coated. Serve immediately.

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