



---

## SAUTÉED CAULIFLOWER WITH CHIMICHURRI

Recipe by Natural Gourmet Institute

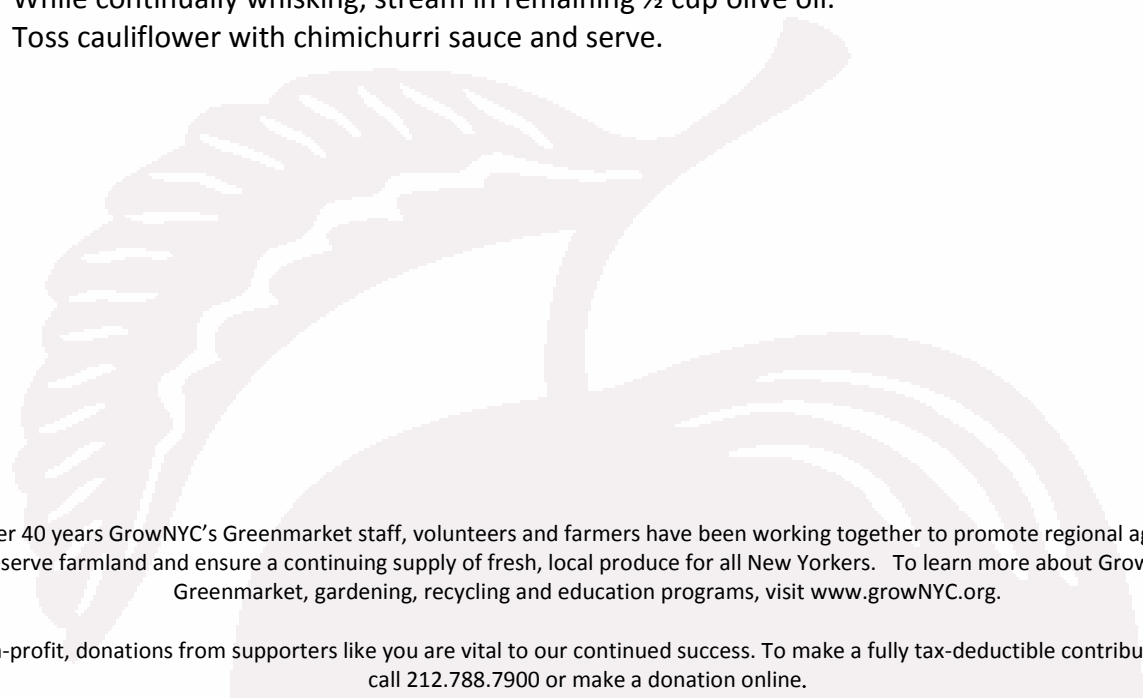
SERVES 6

### Ingredients:

- ¾ cup extra virgin olive oil, divided
  - 1 large head cauliflower,\* cut into bite-size florets
  - 1 cup flat leaf parsley,\* finely minced
  - ¼ cup red wine vinegar
  - 6 cloves garlic,\* finely minced
  - ½ small shallot,\* finely minced
  - 1 tablespoon Dijon mustard
  - ½ teaspoon sea salt
  - ¼ teaspoon black pepper
- \*Ingredients available seasonally at your neighborhood Greenmarket***

### Directions:

1. In a large sauté pan, heat 2 tablespoons olive oil. Add half of cauliflower and sauté until golden and tender, 8-10 minutes. Transfer to a bowl. Add 2 more tablespoons of oil to skillet and cook remaining cauliflower.
2. In a separate bowl, combine parsley, vinegar, garlic, shallot, Dijon mustard, salt and pepper. While continually whisking, stream in remaining ½ cup olive oil.
3. Toss cauliflower with chimichurri sauce and serve.



For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit [www.growNYC.org](http://www.growNYC.org).

As a non-profit, donations from supporters like you are vital to our continued success. To make a fully tax-deductible contribution, please call 212.788.7900 or make a donation online.