



Three Kitty Cuisine
Point Arena, CA

Indian Cauliflower

1 Tablespoon light butter
1 teaspoon ground coriander
½ teaspoon curry powder
¼ teaspoon ground ginger
½ cup finely chopped onion
¼ cup ketchup
8 cups cauliflower florets
Cooking spray

- 1) Combine first 4 ingredients in a small microwave-safe dish. Microwave at high for 30 seconds.
- 2) Stir in onion and ketchup; microwave at high 1 minute
- 3) Place cauliflower in a 2-quart casserole coated with cooking spray. Spoon onion mixture over cauliflower; toss well to coat.
- 4) Cover and microwave at high 9 minutes turning after 4 minutes. Yield: 6 servings.