

Baked Cauliflower with Lemon

Serves 4 - 6

Ingredients

1 large cauliflower – core removed and cut into large floret's

¼ cup butter

1 large shallot or onion – finely chopped

2 garlic cloves – crushed and minced

Finely grated zest from one lemon

A few grates of fresh nutmeg

Sea salt and freshly ground pepper to taste

Preparation

Preheat oven to 375F. Meanwhile, in a small skillet, heat the butter just until melted. Turn off the heat. Stir in the shallots, garlic, lemon zest, nutmeg, salt and pepper. Put cauliflower pieces in the casserole dish; use a spoon to drizzle the butter mixture over the cauliflower. Bake for 1 hour, or until tender.