

# Italian Cauliflower Mix - Vegan - SOS

Prep Time: 15 minutes  
Cook Time: 20 minutes  
Total Time: 35 minutes

Serving Size: 6  
Calories per serving: 69  
Fat per serving: 6 grams

*'The Health Promoting Cookbook', by Alan Goldhamer D.C., p- 74.*

## Ingredients

- 1 head cauliflower, broken into florets
- 1 clove garlic, minced, or 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/2 teaspoon basil
- 1 yellow squash, cut into wedges
- 1/2 cup fresh or frozen green peas
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## Instructions

1. Precook the cauliflower in a covered steamer basket until partially cooked but still firm. Save the steaming liquid.
2. In a large, nonstick skillet, steam-fry the garlic, oregano, and basil for 1 minute with a few tablespoons of the steaming liquid.
3. Add the cauliflower and a few more tablespoons of the reserved liquid, and stir-fry the cauliflower for 2 minutes.
4. Add the squash, bell pepper, and more liquid if necessary. Stir-fry 2 more minutes, add the tomatoes and about 1/2 cup of the reserved liquid, cover, and steam for 2 minutes. Remove cover and add the peas.
5. Continue to cook for another 3-4 minutes. Serve hot as an entree alone or as a side dish, or over pasta or rice.

## Notes

Nutrition facts (per serving): Calories: 69, from fat: 4.8, total fat: 6g, cholesterol: 0mg, sodium: 17mg, total carbohydrate: 3g, fiber: 5.3g, sugar: 1g, protein: 4.5g.