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| **Asian Sautéed Cauliflower** |

**Prep and Cook Time: Prep and cooking time: 15 minutes   
Ingredients:**

* 1 medium head cauliflower, trimmed of green parts
* 5 TBS vegetable or chicken broth
* 1/2 tsp grated fresh ginger
* 2 medium cloves garlic, pressed
* 2 TBS rice vinegar, or fresh lemon juice
* 1 TBS honey
* 2 TBS soy sauce
* 1/2 tsp dry mustard
* 1 TBS extra virgin olive oil
* salt and white pepper to taste
* 1/2 TBS chopped fresh cilantro

**Directions:**

1. Cut cauliflower florets into quarters and let sit for at least 5 minutes to enhance their health-promoting properties.
2. Heat broth in large stainless steel skillet. When broth begins to steam, add cauliflower and cover. Healthy sauté for 5 minutes.
3. Whisk together rest of ingredients and toss with florets. Marinate for about 5 minutes for more flavor. Allowing the cauliflower to soak up the dressing for a few moments before serving makes it even better. Sprinkle with chopped cilantro.

**Serves 4**