

*Have you ever tasted pureed cauliflower? It's wonderful! And with these caramelized onions draped over the top, it is so delicious - and beautiful! It's easy, too, with frozen cauliflower. Try it!*



Serves 6-8

# Pureed Cauliflower with Onions

1 package (16 ounces) frozen  
cauliflower

4-1/2 tsp. olive oil, *divided*

2 Tbs. SCD plain yogurt

1/4 tsp. salt

1/4 tsp. pepper

1 large sweet onion, thinly  
sliced

1 Tbs. honey

Heat 3 tsp. of the olive oil in a small non-stick skillet. Begin cooking onions in the oil, stirring frequently, until golden brown, 8-10 minutes. When beautiful and golden, add honey, stir, heat and set aside.

Meanwhile, place all of the cauliflower in boiling water and cook until tender, about 6-8 minutes. Drain in a strainer. Place cauliflower in food processor along with the rest of the oil, yogurt, salt and pepper. Blend until very smooth, removing lid and making sure all pieces are pureed. Place in a serving bowl and arrange caramelized onions on top. Reheat in the microwave if necessary.

