

## **Cauliflower Gratin with Golden Raisins, Capers and Pine Nuts**

### **Prep time:**

10 minutes

### **Cooking time:**

25 minutes

### **Yields:**

4 servings

### **Ingredients:**

- 1 large head cauliflower, cut into small florets
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- ¼ cup gluten free panko breadcrumbs
- salt and pepper to taste
- 2 tablespoons capers, rinsed and drained
- 1/4 cup toasted pine nuts
- 1/4 cup golden raisins
- 2 tablespoons finely chopped fresh parsley leaves

### **Directions:**

Preheat oven to 425 degrees. In a medium sauce pot, bring water to a boil and season with salt. Add cauliflower and allow water to resume boil. Cook cauliflower until tender and drain. Return half of the cauliflower to the pot and reserve the other half. Add lemon juice and nutritional yeast to cauliflower in the pot. Mash with wooden spoon adding enough water to make it smooth. Fold in reserved cauliflower and season with salt and pepper. Transfer to small baking dish or individual ramekins. Top with panko and place in oven cooking 10-12 minutes or until panko browns.

While the cauliflower bakes, combine capers, pine nuts, raisins, and parsley, and season to taste with salt and pepper. When cauliflower is ready top with caper, pine nut, raisin mix and serve.

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