

Quick and Healthy Cauliflower Sauté

1 lb cauliflower florets
4 Tb vegetable or chicken broth
1 tsp curry powder or turmeric
3 Tb coconut oil
2 tsp lemon juice
Celtic sea salt and pepper to taste

- Heat the broth in in a medium sauté pan.
- Add all of the other ingredients.
- Cook stirring, for about 5 minutes until cauliflower is al dente
- Serve hot or at room temperature.