

Golden Cauliflower

Makes: 6 servings (serving size is ½ cup)

Per serving: Calories 195, Protein 4.5gm, Sodium 270 mg, Potassium 320 mg, Phosphorus 80 mg

Ingredients

1 small to medium head cauliflower
1 cup dry bread crumbs
6 TBSP margarine or butter
1 tsp paprika
½ tsp black pepper

Directions

1. Rinse cauliflower. Place whole head in saucepan with 1 inch boiling water.
2. Cover and simmer until just tender, about 15-20 minutes.
3. Meanwhile, melt margarine in a small skillet.
4. Toast bread crumbs in slow oven until nicely browned.
5. Add crumbs and spices to margarine or butter.
6. Carefully remove cauliflower head from saucepan and place on small platter.
7. Top with crumb mixture.