

Turmeric Spiced Cauliflower and Broccoli with Capers

INGREDIENTS

1 head cauliflower, cut into florets

1 head broccoli, cut into florets

3 tbsp slightly melted ghee* or avocado oil

1 tbsp turmeric powder

½ tsp kosher salt

1 tsp freshly ground black pepper

¼ cup capers in water, drained (rinse, if in salt)

2 tbsp olive oil for finishing

1 tsp mustard seed powder (optional)

* Clarified butter; butter heated to remove the solids for an essentially dairy-free product

1. Preheat the oven to 350°F. In a large bowl, toss the cauliflower and broccoli with the ghee, turmeric, salt and pepper.
2. Tip the veggies onto a baking sheet and use your hands or a wooden spoon to spread them evenly so they are not touching.
3. Place the baking sheet on the lowest oven rack and bake 25 minutes, until golden.
4. Remove from the oven and toss in a bowl with the capers, olive oil and mustard seed powder (if using).

Yields: 4-6 servings

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