

Cauliflower with Bacon & Mushrooms

Vegetable Love by Barbara Kafka

From the web blog, *Kalyn's Kitchen*



Even cauliflower haters might like this one.

4 slices bacon

1 small head cauliflower, cut into small bite-size pieces

8 ounces mushrooms, cut in half, then into thick slices

1/2 whole red onion, diced into small pieces

1/2 cup parsley, chopped

salt and pepper to taste

Serving Ideas: This goes well with just about anything, but a more simple protein is probably good, since there is so much variety here.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 6

The quantities here can be very loosely used. If you don't love cauliflower, cut down on it and add more mushrooms, etc. The onion, however, gives it a very nice, rounded flavor, so don't eliminate that. I've even added garlic on occasion. I've added crushed thyme to the mixture as well. You want the cauliflower pieces to still have a very slight tooth to them, so don't overcook or it will taste like vegetable mush.

1. Cut bacon into small crosswise strips, then cook in large frying pan until quite crisp. Pour off most of bacon fat, but don't wipe out pan.
2. Add cauliflower and mushrooms and cook over very high heat, stirring constantly, for about 5 minutes. Add onions and cook about 2 minutes more, or until veggies seem nearly done and are starting to brown a bit.
3. Add bacon and parsley and cook 2-3 minutes more.
4. Add 1/4 cup water, then scrape pan to get browned bits off and cook until water has evaporated. Season with salt and pepper and serve hot.

Per Serving (excluding unknown items): 45 Calories; 2g Fat (43.7% calories from fat); 3g Protein; 4g Carbohydrate; 1g Dietary Fiber; 4mg Cholesterol; 77mg Sodium. Exchanges: 0 Lean Meat; 1 Vegetable; 1/2 Fat.