

Cauliflower, Herb and Walnut Sauté

MAKES 2 SERVINGS • PREP TIME: 10 minutes • COOK TIME: 20 minutes

Ingredients:

- 3 Tbs Unrefined Organic Coconut Oil
- 1/2 Tsp Herbamare
- Black Pepper (to taste)
- 1/2 Tsp Thyme
- 1 Small Red Onion, diced
- 3 Garlic Cloves, diced
- 1 Small to Medium Cauliflower Head, finely chopped (or riced cauliflower)
- 1 Tbsp Coconut Aminos
- 1/4 Cup Cilantro, chopped
- 2 Tbs Mint, chopped
- 1 Small Avocado
- 1/2 Cup Walnuts, raw
- 4 Cherry Tomatoes, cut in half
- 2 Tbs Raw Kraut (fermented)
- 4 Small Marinated Artichoke Hearts, cut in half

Directions:

Heat a large skillet to medium heat. Add the coconut oil and spices. Blend together and then add the onion. Cook until soft, 5 to 10 minutes. Add the garlic and cook another 3 minutes. Mix in the cauliflower and toss to coat. Cook until cauliflower is tender or to consistency desired, 10 to 15 minutes. Sprinkle in the coconut aminos and combine. Just before serving mix in the fresh herbs and walnuts. Top each serving with avocado, tomato, kraut and artichoke hearts. Enjoy!