



Turmeric-Spiced Cauliflower and Broccoli with Capers

*This wonderful Turmeric-Spiced Cauliflower and Broccoli recipe comes from Integrative Holistic Nutritionist, Torie Borrelli. It's always an informative and fun afternoon when she's teaching at our cooking school or lecturing on nutrition at The Ranch. You can find this dish and more keto-focused, anti-inflammatory Mexican recipes in her fabulous new book, *The Mexican Keto Cookbook*.*

Serves 4 to 6

INGREDIENTS:

1 head cauliflower, cut into florets
1 head broccoli, cut into florets
3 tablespoons melted ghee or avocado oil
1 tablespoon turmeric powder
½ teaspoon kosher salt
1 teaspoon freshly ground black pepper
¼ cup capers in water, drained (rinsed)
2 tablespoons olive oil for finishing
1 teaspoon mustard seed powder (optional)
Cilantro Yogurt Dressing for serving

CILANTRO YOGURT DRESSING INGREDIENTS:

¾ cup full-fat Greek-style yogurt
4 tablespoons olive oil
3 tablespoons rice wine or champagne vinegar
2 tablespoons apple cider vinegar
1 teaspoon ground cumin
1 teaspoon chili powder
1 teaspoon sea salt
1 jalapeño, minced
1 shallot, minced
½ cup finely chopped cilantro

METHOD:

1. Preheat oven to 350°F.
2. In a large bowl, toss the cauliflower and broccoli with the ghee, turmeric, salt, and pepper.
3. Place the veggies on a baking sheet and use your hands or a wooden spoon to spread them evenly so they are not touching.
4. Place the baking sheet on the lowest oven rack and bake for 25 minutes, until golden.
5. Remove from oven and toss in a bowl with the capers, olive oil, and mustard seed powder.
6. Serve with Cilantro Yogurt Dressing. **To make:** Using a blender or a hand whisk, blend the yogurt, olive oil, vinegars, cumin, chili powder, and salt. Stir in the jalapeño, shallot, and cilantro. You can thin the dressing by adding more oil and vinegar.

¡Buen Provecho!