



6-MINUTE DISHES WITH KAREN NOCHIMOWSKI

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March 22, 2023



mommachef
6 ingredients • 6 minutes to prep

Cauliflower Salad with Pomegranate and Toasted Almonds Serves 6

Ingredients:

- 1/4 cup (27g) slivered almonds
- 2 cups (114g) fresh raw cauliflower rice
- 2 tablespoons (56g) fresh pomegranate seeds
- 1/4 cup (23g) fresh mint, chopped
- 1/2 cup (52g) diced cucumber
- 1/4 cup (60ml) lemon-herb vinaigrette, such as Marzetti Simply Dressed Lemon Vinaigrette

Directions:

On an aluminum foil-lined toaster-sized baking sheet, lay the almonds in a single layer. Put the baking sheet in the toaster oven, and toast for only 1 minute, keeping an eye on the almonds to make sure they are not burning.

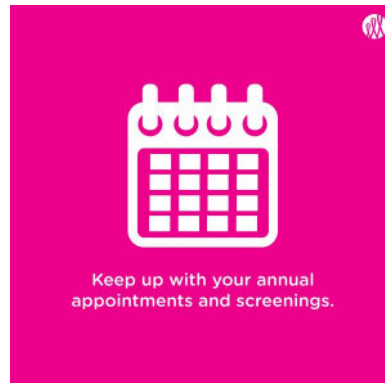
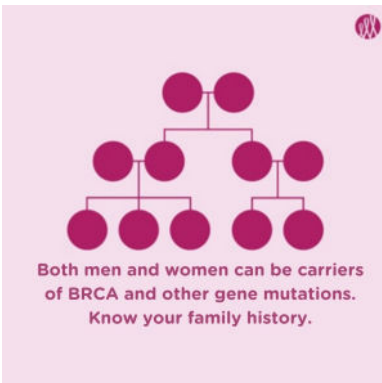
In a large salad bowl, combine the toasted almonds, cauliflower rice, pomegranate seeds, mint, cucumber, and vinaigrette, and mix well.

This can be served immediately or stored in an airtight container for up to 2 days in the refrigerator.

Tips:

You need to use fresh raw cauliflower rice in this recipe; you can find it in the refrigerated section near the vegetables in most grocery stores.

If you cannot find fresh cauliflower rice, it is rather easy to make. Purchase two bags of cauliflower florets, and using the food processor with a grater attachment, pulse the cauliflower until it looks like rice.



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Creamy Carrot and Sweet Potato Soup



Ingredients:

- 2 tablespoons (30ml) extra virgin olive oil
- 1 cup (160g) diced white or yellow onion
- 1 (16-ounce [452g]) bag baby carrots
- 2 cups (268g) sweet potatoes, peeled and diced (about 2 medium sweet potatoes)
- 2 (32-ounce [960ml]) boxes vegetable broth
- 2 teaspoons (2g) dried thyme

Directions:

In a large soup pot, heat the olive oil over medium heat, and sauté the onion for 3 minutes.

Add the carrots, sweet potatoes, vegetable broth, and thyme, and mix well.

Partially cover the pot, reduce the heat to medium-low and cook for 55 minutes until the carrots and sweet potatoes are very tender.

Remove from the heat, and puree the soup in batches in a blender, food processor or with an immersion blender until smooth.

Tips:

I always buy the sweet potatoes and onions already pre-cut; you can find these in the vegetable refrigerated section at most grocery stores.

Coconut-Curry Mahi-Mahi

Ingredients:

- 2 tablespoons (30ml) melted coconut oil
- 3 cloves garlic, crushed
- 3 tablespoons (45ml) red Thai curry paste
- 1 (14-ounce [400ml]) can coconut milk
- 1 tablespoon (14g) light brown sugar
- 1 1/2 pounds (681g) mahi-mahi, cut into 1-inch (2.5cm) cubes (see tip)

Directions:

In a large skillet, heat the oil over medium-high heat. Stir in the garlic, and cook for about 2 minutes.

Add the curry paste, coconut milk, and brown sugar to the skillet. Mix and cook for 3 minutes more.

Add the mahi-mahi to the pan and gently spoon the curry mixture over the fish.

Cover the skillet and cook for 10 minutes.

Remove from the heat, and serve immediately.

Tips:

If you want an alternative to mahi-mahi, you can substitute salmon, cod, or halibut.