**Cauliflower with Caramelized Onions and Crispy Deliciousness**

Chef Julia Nordgren, MD

This recipe highlights a way to eat a plant-forward meal, using meat as a flavorful garnish. In this dish I use crispy bacon, but you can certainly substitute a plant-based option like fried rosemary or crispy sage leaves. All are delicious!

*Serves 4-6*

1 head cauliflower

1 large yellow onion, sliced

½ pound thick cut bacon

3 tablespoons snipped chives (or chopped fresh parsley)

Cut cauliflower into florets. Blanch by submerging in a large pot of salted boiling water until cooked through, about 7 minutes. Drain well. (This can be done a day or two in advance).

In a large saute pan, cook the bacon over medium heat until crispy. Set aside to drain on a paper towel. Keep the fat in the pan, draining any excess.

Add onions to bacon fat and cook over low heat until onions are very soft and a beautiful tan color. Give it time – this should take at least 20 minutes.

Add cauliflower to the caramelized onions. Cook over medium-low heat until cauliflower is warmed through.

Chop bacon into large bits. Add to cauliflower. Mix, put into a serving bowl, and top with snipped chives.

*If a meat-free dish is desired, omit bacon. Heat 2 tablespoons of olive oil or butter to caramelize the onions. Top with chopped rosemary (you can fry it first in some avocado oil if you like!) or sage leaves that are crisped up in some hot brown butter. Make it your own!*

Enjoy!