

Sautéed Cauliflower and Apples with Pecans

HANDS-ON TIME: 30 MINUTES

TOTAL TIME: 30 MINUTES

SERVES 4

¼ cup pecans

2 tablespoons olive oil

1 small shallot, chopped

1 small head cauliflower (about 1 1/2 pounds) cut into florets (about 5 cups)

Kosher salt and black pepper to taste

1 red apple (such as Fuji or Braeburn), thinly sliced

1 teaspoon fresh thyme leaves or 1/2 teaspoon dried thyme

2 tablespoons unsalted butter

Heat oven to 350° F. Spread the pecans on a rimmed baking sheet and toast, tossing occasionally, until fragrant, 6 to 8 minutes. Let cool, then roughly chop.

Heat the oil in a large skillet-over medium-high heat. Add the shallot and cook, stirring frequently, until softened, 3 to 4 minutes. Add the cauliflower and 1/4tsp each salt and pepper and cook, tossing occasionally, until golden, 4 to 6 minutes. Add the apple, thyme, and 1/2 cup water. Cover and cook until the cauliflower is tender, 8 to 10 minutes more. Stir in the butter and sprinkle with the pecans.