



## Cauliflower Soup with Pistachios, Curried

**Prep Time** : 15 minutes **Cook Time** : 25 minutes **Servings** : Serves: 4 **Source** : [Blog.myfitnesspal.com](http://Blog.myfitnesspal.com)

### INGREDIENTS

- 1 tablespoon avocado oil, divided
- 1 large onion, chopped
- 1 pound (450g) cauliflower, or about half a large head, cut into florets
- 2 tablespoons fresh ginger, chopped
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1 cup (240ml) skim milk
- 1/4 cup (30g) raw pistachios, shelled and chopped
- 1/8 teaspoon cayenne
- 2 tablespoons fresh mint, slivered

### DIRECTIONS

Drizzle a 2-quart saucepan with 2 teaspoons of avocado oil and place over medium heat. Add the onion and cook, stirring frequently for about 5 minutes.

While the onion cooks, chop the cauliflower and ginger. When the onion is softened, add the cauliflower and ginger and stir for a minute, then add the turmeric, cumin and salt. Stir for a few seconds, then add 1/2 cup (120ml) water and cover the pot. When the water is boiling, reduce the heat to medium-low and cook for about 8 minutes.

Uncover the pot. The cauliflower should be very tender and the liquid mostly evaporated. Transfer most of the cauliflower mixture to a blender or food processor, leaving some in the pot.

Puree adding skim milk as you go to achieve a smooth consistency. Stir the puree back into the pan and keep warm.

In a small saute pan, warm the remaining teaspoon of avocado oil over medium heat. Add the chopped pistachios and stir until lightly toasted, about 2 minutes. Add the cayenne and stir for a second, then transfer the nuts and oil to a small bowl or cup. Serve soup with pistachios sprinkled on top.

### NUTRITION

(per serving): Calories: 155; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 4g; Cholesterol: 2mg; Sodium: 225mg; Carbohydrate: 17g; Dietary Fiber: 5g; Sugar: 9g; Protein: 7g