Cauliflower, Brussels Sprouts and Red Beans
with Lemon and Mustard
By Martha Rose Shulman in the NYT

Makes 4 servings

1 medium cauliflower
2 teaspoons Dijon mustard
2 tablespoons fresh lemon juice
1/4 cup water, stock, or drained cooking liquid from the accompanying grain (optional)
2 tablespoons extra virgin olive oil
3/4 pound Brussels sprouts, trimmed and quartered
Salt and freshly ground pepper to taste
1 can red beans, drained and rinsed
2 tablespoons chopped fresh dill
Suggested grain for serving: quinoa (1/2 to 3/4 cup per person)
Optional: Lemon-flavored olive oil for drizzling
Serve with: quinoa, brown rice, or other whole grain

1. Quarter and core the cauliflower, then slice thin so that it falls apart into small, thin pieces. Whisk together the Dijon mustard, lemon juice, 1 tablespoon of the olive oil, and water or stock in a small bowl and set aside.
2. Heat the olive oil over medium-high heat in a well-seasoned wok or in a large, heavy nonstick skillet. Add the cauliflower and Brussels sprouts and cook, stirring often, for 5 minutes, until the vegetables are seared and beginning to soften. Add salt and pepper and continue to cook, stirring or tossing (as you would a stir-fry), for another 5 minutes, or until the cauliflower and the Brussels sprouts are just tender and flavorful.
3. Add the beans, dill and lemon-mustard mixture and stir together for another minute or two. Taste, adjust seasonings, and remove from the heat. Serve with quinoa or another grain of your choice. If desired, add a drizzle of lemon-flavored olive oil to each serving.

Advance preparation: This is best served right away, but you could make the dish through Step 2, remove from the heat and let sit for up to an hour, then reheat and proceed with Step 3.

Note: You can replace the Brussels sprouts with shredded cabbage.