



# HOW TO SAUTÉ CARDONE



Serves: 4



Prep Time: 20 minutes  
Cook Time: 1 hr 15 min



## BOIL

A large pot of water and add prepared cardone.



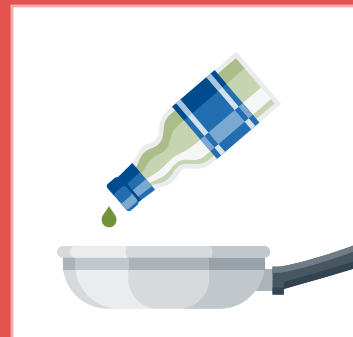
## LOWER

Heat to simmer and cook for 45 minutes.



## DRAIN

Cardone, cool, and chop into 1 inch pieces.



## HEAT

Oil in a skillet on medium heat and saute onion until golden brown.



## ADD

Cardone and lower heat. Saute for 2 minutes. Add wine and simmer until mostly evaporated. Add honey.



## TOSS

With almonds, salt, pepper, and thyme. Turn off heat and serve!

## INGREDIENTS

- 1 Ocean Mist Farms cardone, prepared
- 1 yellow or white onion, sliced
- 2 Tbsp. honey
- 1 lemon
- 2 Tbsp. white wine
- 2 Tbsp. chopped toasted almonds
- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh thyme leaves

