

Cauliflower

Excellent source of Vitamins C and K
& good source of Vitamin B6 and Folate



Cauliflower Fried Rice

1 head of cauliflower, about 2½ cups chopped in a food processor*
2 T. sesame oil
1 small white onion, chopped
1 cup frozen peas and carrots, thawed
2-3 T. soy sauce (more or less to taste)

2 eggs, lightly beaten
2 T. chopped green onions (optional)

Rinse and chop the cauliflower into florets and put into a food processor. (If you don't have a food processor continue to chop the cauliflower into tiny pieces.) Pulse until the cauliflower until it is small and resembles rice. Preheat a large skillet to medium heat. Pour sesame oil in the bottom. Add white onion and peas and carrots and fry until tender. Slide the onion, peas and carrots to the side, and pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetable mix. Add the cauliflower to the veggie and egg mixture. Pour the soy sauce on top. Stir and fry the rice and veggie mixture until heated through and cauliflower is tender. Add chopped green onions if desired. Makes 6 servings.

*Package riced cauliflower saves time.

Garlic Parmesan Cauliflower Rice

5 cups of raw cauliflower "rice"
3 T. salted butter
3 garlic cloves, minced

6 T. shredded parmesan cheese
Salt and pepper, to taste

In a small saucepan over a stove top, add butter and minced garlic. Bring to a simmer and cook for 2-3 minutes, stirring often, until garlic flavors are infused into the oil (melted butter). Careful to not let the garlic burn.

In a large skillet, wok or frying pan, add cauliflower rice and bring to medium-high heat over stove top. Pour in butter mixture. Sprinkle cheese on top. Stir to mix and cook until cauliflower is tender. Add salt and pepper to taste and stir a few more times until everything is thoroughly mixed. Serve while warm. Garnish with fresh chopped parsley if desired. Makes 4-6 servings.

Roasted Cauliflower Steaks

1 large head cauliflower, sliced lengthwise through the core into 4 'steaks'
¼ cup olive oil
1 T. lemon juice

2 cloves garlic, minced
1 pinch red pepper flakes, or to taste
Salt and ground black pepper to taste

Preheat oven to 400°F. Line a baking sheet with parchment paper. Place cauliflower steaks on the prepared baking sheet. Whisk olive oil, lemon juice, garlic, red pepper flakes, salt, and black pepper together in a bowl. Brush ½ of the olive oil mixture over the tops of the cauliflower steaks. Roast cauliflower steaks in the preheated oven for 15 minutes. Gently turn over each steak and brush with remaining olive oil mixture. Continue roasting until tender and golden, 15 to 20 minutes more. Makes 4 servings.

Caraway option: Replace garlic with 2-3 tsp. caraway seed.

Cauliflower Pizza Crust

1 head cauliflower, stalk removed
½ cup shredded mozzarella
¼ cup grated Parmesan
½ tsp. dried oregano

½ tsp. kosher salt
¼ teaspoon garlic powder
2 eggs, lightly beaten

Preheat the oven to 400°F. Line a baking sheet with parchment paper. Break the cauliflower into florets and pulse in a food processor until fine. Steam in a steamer basket and drain well. Let cool on a towel and stand to get all the moisture out. In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs. Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes. Add desired toppings and bake an additional 10 minutes.

Whipped Cauliflower Dijon

1 head cauliflower, about 6 cups florets
1/3 cup heavy cream
¼ cup sour cream
3 T. butter
1 T. Dijon mustard

½ tsp. salt
¼ tsp. white pepper
¾ cup grated gruyere cheese
2 T. thinly sliced fresh chives

Preheat oven to 350°F. Line a baking dish with cooking spray and reserve. Break cauliflower into florets and boil until totally tender, about 5 minutes. Florets should be mashable but not mushy. Drain well, transfer to a food processor with the cream, sour cream, butter, Dijon, salt and pepper. Process until mixture is a smooth, thick puree. Pulse in ½ cup of the grated Gruyere. Transfer mixture to gratin baking dish and sprinkle with remaining cheese. Bake in preheated oven for about 30-35 minutes or until heated through and the cheese is melted and slightly browned. Sprinkle with chives to garnish. Makes 6 servings.

Herbed Cauliflower

1 ½ pounds cauliflower (or 2 10-oz. pkg. frozen)
¼ cup margarine
½ cup chopped onions
½ cup chopped celery
1 tsp. poultry seasoning

2 tsp. chicken flavored broth mix
½ tsp. ground sage
2 cups chopped mushrooms
Salt and pepper, optional

Cook cauliflower; drain. Melt margarine in a skillet. Add onions and celery, cook until tender, about 10 minutes. Remove from heat and stir in broth mix, poultry seasoning and sage. Preheat oven to 350°F. Dice cauliflower. Add onion mixture, mushrooms, salt and pepper and mix well. Place mixture in a baking dish that has been sprayed with a non-stick spray. Bake 20 minutes. Makes 6 servings.

Zippy Cauliflower

3 cups cauliflower
½ tsp. low fat margarine
1 T. all-purpose flour
1/8 tsp. red (cayenne) pepper
¼ tsp. salt

1/8 tsp. pepper
¾ cup skim milk
½ cup shredded low fat cheddar cheese
2 T. chopped green chilies
¼ cup fresh bread crumbs

Preheat oven to 350°F. Steam cauliflower just until tender; drain. Melt margarine in a medium size saucepan over medium heat. In a jar with a lid combine flour, red pepper, salt, pepper, and milk; shake until blended. Slowly add to margarine in saucepan, stirring constantly until smooth. Add cheese and continue stirring until smooth and slightly thickened. Stir in chilies. Arrange cauliflower in a 2-quart baking dish; pour sauce over cauliflower, then sprinkle with bread crumbs. Bake 10 to 15 min or until bubbling. Makes 4-6 servings.