Cauliflower is an amazingly versatile ingredient! It joins the plate as a legitimate vegetable, but can also stand in as a substitute for starchy foods like potatoes and rice. Its mild flavor makes cauliflower easy to incorporate into a wide range of dishes, meaning you can introduce extra fiber, vitamins, and antioxidants to the dinner table. Although the white variety is the most well-known, cauliflower can also be orange, green, or purple.

1. Toss cauliflower florets in olive oil, salt, and pepper and roast at 400°F for 25-30 minutes in a single layer on a baking sheet until tender and golden brown.

2. Add roasted cauliflower to salads, quinoa, or rice dishes.

3. Serve mashed cauliflower. Steam florets until tender, then puree them with milk, a drizzle of olive oil, and salt and pepper to taste.

4. Add lightly steamed florets to a favorite macaroni and cheese recipe to add fiber and nutrients.

5. Cook florets in chicken or vegetable stock with herbs, onion, celery, garlic, and carrots, then puree for a thick, satisfying soup.

6. Toss roasted florets in your favorite vinaigrette, add olives, capers, and grape tomatoes for an easy side dish.

7. Make the classic Indian dish aloo ghobi by cooking florets and cubes of potato with turmeric, garlic, ginger, coriander, and cumin.

8. Substitute pureed cooked cauliflower for some or all of the cream in your favorite creamy soups to lighten them up and add fiber and other nutrients.

9. Dip slices of cauliflower in an egg wash and dredge in seasoned whole-grain panko breadcrumbs. Bake at 400°F for 25-30 minutes or until the cauliflower is cooked through and the coating is crisp.


11. Make cauliflower “rice” by running florets through the food processor until the pieces are about the same size as grains of rice. Spread the cauliflower out in a thin layer on a baking sheet and bake at 425°F for 7 minutes, toss, and bake for another 7 minutes. Season to taste and serve with stews, curries, or other dishes you normally serve with rice.

12. Blend roasted cauliflower with Greek yogurt and season to taste with smoked paprika and garlic powder to make a healthy dip. Chill for an hour and serve with fresh veggies.

Learn more about the Mediterranean Diet and healthy food choices at www.oldwayspt.org.