

12 Great Ways to Use...

Cauliflower

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 gobi 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.
- 10.** Pickle florets in a vinegar brine. Add hot peppers for spice in a giardiniera style pickle.
- 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.



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