

VIVA CAULIFLOWER: People often consider cauliflower “stinky,” but these cooking techniques and seasonings will convince you otherwise.

Roasted Cauliflower

If you think you don't like cauliflower, try roasting it! Roasted vegetables become crisp on the outside, and soft and savory on the inside.

This method caramelizes the sugars and brings out the natural sweetness of most vegetables. Try roasting carrots, onions, winter squash, asparagus, or any root vegetable (parsnips, rutabagas, or turnips).

Ingredients:

- 3-4 C cauliflower florets (cut large florets into quarters)
- 1 T olive oil
- Salt to taste

Directions:

- Preheat oven to 425 degrees.
- Line a large baking sheet with foil or parchment paper.
- Wash and trim cauliflower, cutting each large floret into quarters.
- Dump onto baking sheet, sprinkle with oil and gently toss to coat all pieces.
- Spread cauliflower out so they are not touching, and make sure a flat side is facing down.
- Place pan into oven on a center rack and roast for 10 minutes.
- Turn pieces over with a spatula or tongs.
- Roast for another 5 minutes or until they are slightly browned and crispy.
- Remove from oven and sprinkle with salt or one of the seasonings below.



To Serve:

Serve hot, warm, at room temperature or cold.
Sprinkle with Sesame Salt or toss with a little Peanut Sauce (recipes below) if desired.
Store roasted cauliflower florets for up to five days in the refrigerator – they reheat well and can be added to many recipes.

Steamed Cauliflower

Steaming is a quick and simple technique for cooking cauliflower (or any vegetable). Cook it briefly to maintain a nice, crunchy texture.

Try topping it with Sesame Salt or Peanut Sauce (recipes below).

Ingredients:

3 cups cauliflower florets

Directions:

- Place a steamer basket in a medium saucepan. Add water to reach the bottom of the steamer.
- Cover pan and bring water to a boil. Remove lid and add cauliflower.
- Cover and continue to cook at medium-high for about three minutes.
- Check tenderness with fork; it should be crisp-tender.
- Remove from pan and serve immediately.

Microwaved Cauliflower

Another quick and simple technique to cook cauliflower or other vegetables.

Ingredients:

3 cups cauliflower florets

Directions:

- Place cauliflower in a glass bowl and cover with a plate.
- Cook on high in microwave for 3 minutes.
- Check tenderness with fork; it should be crisp-tender.
- Remove from pan and serve immediately.

Sesame Salt

Once you sprinkle this simple, richly flavored mixture on your vegetables, you'll never use plain salt again. Try it on any roasted or steamed vegetables; it's also great on stir-fried combinations, rice, or many entrees.

Ingredients:

2 Tablespoons sesame seeds

½ teaspoon salt

Directions:

- Place sesame seeds in a dry skillet and heat over medium heat just until seeds begin to “pop” and smell toasty. Don't overcook or they will become bitter.
- Place seeds and salt in a blender, food processor, or mortar and pestle and grind just a few pulses until seeds are broken up.
- Don't overblend or you'll end up with paste.
- Stores in a sealed jar in the fridge for 1-2 weeks – but it probably won't last that long!



Peanut Sauce/Dip

This Asian-inspired dip is great with fresh vegetables such as cauliflower, broccoli, and pepper strips. Or, for an easy side dish, try adding a few spoonfuls to cooked (roasted, steamed, or microwaved) vegetables while they are still hot. Toss just until combined and serve immediately. Top with chopped peanuts for an added crunch.

Ingredients:

- ¼ C peanut butter
- 2 T hot water
- 1 T seasoned rice vinegar *
- 1 T soy sauce
- 1 T milk
- Pinch cayenne pepper (optional)



Directions:

- In a small bowl, whisk peanut butter and hot water together.
- Add remaining ingredients and whisk until smooth.
- Use immediately or refrigerate for a few days.
- Adjust consistency as needed.

* Rice vinegar is found in most grocery stores near the salad dressings. “Seasoned” rice vinegar has a bit of sugar and salt added, and just a sprinkle adds a nice tang to many vegetables and side dishes. Buy a bottle – you’ll use it often.

Chopped Cauliflower Salad

This easy recipe incorporates some amazing flavors of fall – cauliflower and apple. It has a wonderful crunchy texture, and the sweet apples tone down the stronger cauliflower flavor.

Ingredients:

- 5 Tablespoons reduced-fat mayonnaise
- 2 Tablespoons cider vinegar
- 2 green onions, finely chopped
- ½ teaspoon caraway seeds (optional)
- ¼ teaspoon freshly ground pepper
- 3 cups chopped cauliflower (about ½ large head)
- 2 cups chopped romaine lettuce
- 1 tart-sweet red apple (such as a Jonathan)

Directions:

- Whisk mayonnaise, vinegar, onions, caraway seeds, and pepper in a large bowl until smooth.
- Add cauliflower, romaine, and apple; toss to coat.
- Serve immediately, or allow flavors to mingle for a few hours or overnight.



Cauliflower-Cheese Soup

This easy and delicious soup is a great comfort food — perfect for a cool fall or winter day. It uses starchy vegetables instead of heavy cream to make it creamy and rich. Use sharp cheddar cheese to add plenty of cheesy flavor with less fat and less cost. This basic recipe can be prepared substituting other vegetables such as broccoli or carrots.

Ingredients:

- 1 Tablespoon olive oil
- 1 ½ cups chopped onion
- 1 clove garlic, chopped fine
- 2 medium-large potatoes, peeled and diced
- 1 large cauliflower, cut or broken into florets
(put aside 2 cups)
- 1 medium carrot, peeled and chopped
- 1 ½ teaspoons salt
- 4 cups water or broth
- 1 cup grated sharp cheddar cheese
(plus extra for garnish)
- ¾ cup low fat milk
- Salt and pepper to taste
- ¼ cup sliced green onions



Directions:

- Place oil in a large saucepan, and turn heat to medium-high. When pan is hot, add the onions and garlic.
- Cook, stirring occasionally, until onions and garlic are lightly browned and tender. Add the potatoes, cauliflower (except the 2 cups reserved), carrot, salt, and water. Bring to a boil, and simmer until vegetables are very tender.
- Puree in a blender or food processor (or mash with a potato masher if you prefer a chunkier soup) and transfer back to pan.
- Break reserved cauliflower into small pieces and steam or microwave just until tender. Add cauliflower, cheese and milk to the soup.
- Heat gently over low heat just until heated, stirring frequently.
- Add salt and pepper to taste. Serve immediately.

To Serve: Top with a little grated cheese and sliced green onions.

Developed by Utah State University Dietetics Program Faculty:

Janet Anderson, MS RD
janet.anderson@usu.edu

Tamara Vitale, MS RD
tamara.vitale@usu.edu

Produced by:

Dennis Hinkamp, Extension Communications
Utah State University
dennis.hinkamp@usu.edu

More **Viva Vegetables** recipes and related videos can be accessed at <http://usuextensionfoodpreparation.blogspot.com/>