

Tap into the power of cauliflower.

Cut it.	Choose it.	Cook it.	Use it.

Notes:

Cauli-“wow”-er your family with these recipes.

Cauliflower-Cheese Soup

1 medium-large potato, peeled and diced (2-3 cups diced)
1 large cauliflower, cut or broken into florets (put aside 2 C)
1 medium carrot, peeled and chopped
1 medium garlic clove, peeled
1 1/2 cups chopped onion
1 1/2 teaspoons salt
4 cups water
2 cups (packed) grated cheddar (plus extra for garnish)
3/4 cup low fat milk
Black pepper, to taste

Sauté onion in a large saucepan for about 3 minutes until tender and starting to turn slightly golden. Add garlic and sauté for one minute more. Add potato, cauliflower (except for the 2 C reserved), carrot, salt, and water. Bring to a boil, and then simmer until all the vegetables are very tender. Puree in a blender or food processor, and transfer to pan. Steam the reserved cauliflower pieces until just tender. Add these to the puree along with all remaining ingredients. Heat gently, and serve topped with a little extra cheese.



Cauliflower Popcorn

1 head cauliflower or equal amount of pre-cut, commercially prepared cauliflower

1 tablespoon olive oil
1 teaspoon salt, to taste

1. Preheat oven to 425°.
2. Trim the head of cauliflower, discarding the core and thick stems. Cut florets into pieces about the size of ping-pong balls.
3. In a large bowl, combine the olive oil and salt. Whisk, then add the cauliflower pieces and toss thoroughly.
4. Line a baking sheet with parchment for easy cleanup (you can skip that if you don't have any) then spread the cauliflower pieces on the sheet and roast for 15 minutes, turning 3 or 4 times, until most of each piece has turned golden brown. The browner the cauliflower pieces turn, the sweeter they'll taste. Be careful not to burn it.

Peanut Sauce/Dip

This Asian-inspired dip is great with fresh vegetables like 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.

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

Whisk all ingredients together. Use immediately or refrigerate for a few days. Adjust consistency as needed with a little water.

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