

Two Tasty Cauliflower Makeovers

“ Cauliflower frequently makes lists of the most-hated vegetables, and I just don’t get it. It’s one of my favorite veggies because there are so many things you can do with it. Its mild taste makes it extremely versatile in recipes, and if you want to replace the starchy elements of your favorite foods, prepare for cauliflower to become your best friend. You can use it to make delicious, healthy versions of pizza and mac and cheese, among other things. Sounds great, right? Try one of these recipes and decide for yourself whether or not cauliflower deserves its bad reputation. ”

Cauliflower “Mac” and Cheese

Ingredients

- ❖ 1 head cauliflower
- ❖ A few slices of bacon, cooked and diced (tempeh fried in oil, liquid smoke, and liquid aminos all make good vegetarian substitutes!)
- ❖ 1 cup half and half
- ❖ 1 cup whole milk
- ❖ 1 Tbsp cornstarch
- ❖ 8oz of your favorite combination of cheese, shredded. Cheddar, Gouda, gruyere, and Swiss are all good choices.
- ❖ 1 clove garlic, minced
- ❖ 1 egg yolk
- ❖ Dash of nutmeg
- ❖ Salt, black pepper, and cayenne pepper, to taste
- ❖ ½ cup shredded parmesan
- ❖ ½ cup breadcrumbs

Directions

Preheat the oven to 400 degrees.

Chop the cauliflower into florets and set it aside.

In a large pot, heat the milk and half and half just until the mixture starts to bubble. Add the cornstarch and stir until it thickens slightly.

Remove from heat and add the cheese, egg, garlic, bacon or tempeh, nutmeg, and cayenne. Stir until the cheese melts.

Add the cauliflower florets to the cheese sauce and stir until all the cauliflower is nicely coated.

In a separate bowl, mix the parmesan with the breadcrumbs and add salt and pepper to taste.

Pour the cauliflower mixture into a baking pan and top with the breadcrumb mixture.

Bake for 40 minutes.

Cauliflower Pizza Crust

Ingredients

- ❖ 1 head cauliflower
- ❖ 2 eggs
- ❖ 1 tsp dried oregano
- ❖ 1 tsp dried basil
- ❖ 2 tsp garlic powder
- ❖ Salt and pepper to taste

Directions

Chop the cauliflower into florets. Put it into a food processor and chop until it resembles rice.

Cook the cauliflower in a skillet (about 6 minutes) or the microwave (8-10 minutes) until it is soft.

Mix the cauliflower with the eggs and seasonings. Roll it out onto a parchment-lined baking sheet and form into a vaguely pizza-shaped crust.

Bake for 15-20 minutes, or until it reaches your desired level of brownness.

You can top the pizza any way you like! Just stick it back in the oven until the cheese melts.