

Turmeric Cauli Rice

INGREDIENTS

- 1-2 tablespoons olive oil
- 1 teaspoon ginger, grated
- 1-2 cloves garlic, pressed
- 3-4 cups shredded cauliflower
- 1/4 teaspoon turmeric
- 1/2 teaspoon salt, to taste
- 1/4 teaspoon pepper, to taste

DIRECTIONS

1. Heat oil in a medium skillet over medium-high heat.
2. Add ginger and garlic and saute until fragrant, about 1 minute.
3. Add turmeric and shredded cauliflower and cook, stirring occasionally, until tender. Approximately 3-6 minutes.
4. Season with salt and pepper, to taste, and serve.

Cilantro Lime Cauli Rice

INGREDIENTS

- 1-2 tablespoons olive oil
- 1-2 cloves garlic, pressed
- 3-4 cups shredded cauliflower
- zest from 1 lime
- juice from 1 lime, about 1-2 tablespoons
- 1/2 teaspoon salt, to taste
- 1/4 teaspoon pepper, to taste
- 1 cup chopped cilantro

DIRECTIONS

1. Heat oil in a medium skillet over medium-high heat.
2. Add garlic and saute until fragrant, about 1 minute.
3. Add shredded cauliflower and cook, stirring occasionally, until tender. Approximately 3-6 minutes.
4. Stir in zest, lime juice, salt, pepper, and cilantro. Serve.

Sesame Ginger Cauli Rice

INGREDIENTS

- 1 1/2 tablespoons olive oil
- 1 teaspoon ginger, grated
- 3-4 cups shredded cauliflower
- 1/2 tablespoon toasted sesame oil
- 1/2 teaspoon salt, to taste
- 1/4 teaspoon pepper, to taste
- 2 tablespoons sesame seeds

DIRECTIONS

1. Heat oil in a medium skillet over medium-high heat.
2. Add ginger and saute until fragrant, about 1 minute.
3. Add shredded cauliflower and cook, stirring occasionally, until tender. Approximately 3-6 minutes.
4. Stir in sesame oil, salt, and pepper. Sprinkle with sesame seeds. Serve.



Baja Cauliflower Tacos

INGREDIENTS

- 3 cups coleslaw mix
- 1 mango, cubed
- 1 lime juiced, about 2 tablespoons
- 1 jalapeño, minced
- 1 1/4 teaspoon salt, divided
- 1 cup unsweetened shredded coconut
- 1 cup panko bread crumbs
- 1 cup canned coconut milk
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 head cauliflower, cut into 1-inch florets
- 16 corn tortillas, warmed
- Cilantro Sauce

DIRECTIONS

1. Preheat oven to 450-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. Combine coleslaw mix, mango, lime juice, cilantro, jalapeno, and 1/4 teaspoon salt in a bowl. Refrigerate until ready to serve.
3. In a bowl, whisk together coconut milk, garlic powder, cumin, cayenne, and 1 teaspoon of salt. Add cauliflower to coconut mixture; toss to coat.
4. In another shallow bowl, combine shredded coconut and panko bread crumbs.
5. Working with just a couple cauliflower florets at a time, remove from coconut milk, letting excess drip back into the bowl, and coat with coconut-panko mixture, pressing mixture into the florets. Transfer to prepared baking sheet, leaving space between each floret.
6. Bake until cauliflower is tender and coating is golden brown, approximately 20-25 minutes.
7. Fill warmed tortillas with prepared mango-slaw and cauliflower. Drizzle with cilantro sauce.

Cilantro Sauce

INGREDIENTS

- 1/4 cup of mayonnaise
- 1/4 cup sour cream
- 3 tablespoons cilantro, mince
- 1/4 teaspoon salt
- zest from 1 lime
- 3 tablespoons water

DIRECTIONS

1. In a small bowl, stir together mayonnaise, sour cream, cilantro, salt, and lime zest. Add water a little at a time, mixing well, until sauce reaches a drizzle consistency.



Parmesan Roasted Cauliflower

INGREDIENTS

- 1 head of cauliflower, cut into 1-inch florets
- 3 tablespoons olive oil
- 1 cup Italian bread crumbs
- 1/3 cup Parmesan cheese, grated
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Preheat oven to 450-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. Toss cauliflower with olive oil until thoroughly coated.
3. In a bowl, mix together bread crumbs, Parmesan cheese, garlic powder, salt, and pepper.
4. Working in batches, add florets to the bread crumb-Parmesan mixture and toss to coat. Gently press into the mixture to help the mixture stick to the cauliflower.
5. Transfer to prepared baking sheet, leaving space between each floret.
6. Bake until cauliflower is tender and coating is golden brown, approximately 15-25 minutes.

Roasted Cauliflower

INGREDIENTS

- 1 head of cauliflower, cut into 1-inch florets
- 3 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. Preheat oven to 450-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. Toss cauliflower with olive oil until thoroughly coated.
3. Transfer to prepared baking sheet, leaving space between each floret. Season with salt and pepper.
4. Bake until cauliflower is tender and golden brown, approximately 15-20 minutes.



Spicy Cauliflower Bites

INGREDIENTS

- 1 cup of flour
- 1 cup of milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups panko bread crumbs
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground ginger
- 1 teaspoon Gochugaru chili flakes (Korean chili flakes)
- 1 head of cauliflower, cut into 1-inch florets

DIRECTIONS

1. Preheat oven to 450-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray.
2. In a bowl, stir together flour, milk, salt, and pepper. The mixture should be thick enough to stick to cauliflower without falling off.
3. In another shallow bowl, combine panko breadcrumbs, garlic powder, ground ginger, and Gochugaru chili flakes.
4. Add cauliflower florets to the flour-milk batter, stirring to coat each floret.
5. Working with just a couple cauliflower florets at a time, remove from batter, letting excess drip back into the bowl, and gently toss with panko mixture. Transfer to prepared baking sheet, leaving space between each floret.
6. Bake until cauliflower is tender and coating is golden brown, approximately 15-25 minutes.
7. Toss with Thai chili sauce or with spicy-sweet Gochujang sauce.

Sweet & Spicy Gochujang Sauce

INGREDIENTS

- 1/4 cup Gochujang, Korean chili paste
- 2 tablespoons soy sauce
- 1 tablespoon rice vinegar
- 3 tablespoons palm sugar or dark brown sugar
- 3 cloves garlic, minced
- 1 teaspoon ginger, grated
- 1 tablespoon toasted sesame oil

DIRECTIONS

1. In a small bowl, whisk together ingredients. Serve.



Roasted Cauliflower Larb

INGREDIENTS

- SALAD
- 1 head of cauliflower, cut into 1-inch florets
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 2-3 shallots, finely sliced
- 3 tablespoons cilantro, chopped
- 1/2 cup fresh mint, chopped
- 2 green onions, finely sliced
- 1 cup green cabbage, shredded
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- DRESSING
- 1 tablespoon glutinous rice
- 3 tablespoons fish sauce
- 2 teaspoons palm sugar
- 1/2 teaspoon chili flakes
- 2 tablespoons lime juice

DIRECTIONS

1. Preheat oven to 450-degrees. Line a baking sheet with parchment paper or spray with vegetable oil spray
2. Toss cauliflower with oil and salt. Roast for 25-35 minutes until golden brown.
3. Prepare the dressing. Toast rice in a dry skillet over medium-high heat until golden brown. Transfer toasted rice to mortar and pestle and grind into a fine powder. Mix half of the powder with the remaining dressing ingredients, set aside.
4. Toss roasted cauliflower with shallots, cilantro, mint, and green onions. Serve on a bed of cabbage and top with dressing and remaining toasted rice powder.

