



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Get Kids in the kitchen for Family Meals Month!

Make a simple swap and use cauliflower in place of other ingredients in some favorite dishes. Cauliflower is high in Vitamins C & K and has other important minerals like Calcium, Potassium, Iron, and Magnesium. Many of these nutrients benefit blood pressure and heart health. Every time you make one simple swap, it can have a big impact on your family's wellness.



Cauliflower can be used in many forms:

- Riced
- Mashed
- Grilled/Roasted
- Steamed

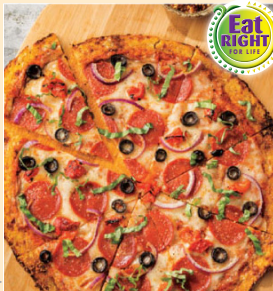
It's a perfect ingredient for a better-for-you pizza crust.

What a fun opportunity to get kids in the kitchen - make a pizza from scratch! Add some healthier toppings and create a masterpiece pizza that beats any take-out. Or, make smaller crusts; then, let everyone choose their favorite combination of flavors and toppings.

Turkey Pepperoni & Roasted Red Pepper Cauliflower Pizza

Ingredients:

- 1 medium head cauliflower, coarsely chopped
- 1/4 cup water
- 3 garlic cloves, minced
- 2 large egg whites
- 3/4 cup shredded part-skim mozzarella cheese
- 2 Tbsps. grated Parmesan cheese
- 1-1/2 tsps. olive oil
- 1/4 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 1/4 cup marinara sauce
- 17 slices turkey pepperoni
- 3/4 cup chopped drained roasted red peppers
- 1/4 cup sliced red onion
- 2 Tbsps. sliced black olives



Directions:

1. Preheat oven to 450°. Line cookie sheet with parchment paper.
2. In a food processor with the knife blade attached, pulse half the cauliflower 10 times or to rice-like consistency. (You should have about 6 cups.) Transfer cauliflower to large microwave-safe bowl. Repeat with remaining cauliflower.
3. Add water to cauliflower; cover bowl with plastic wrap; heat in microwave oven on high 12 minutes or until very tender. Uncover; let stand 30 minutes. Place cauliflower in a clean kitchen towel; squeeze until very dry.
4. In the same bowl, stir steamed cauliflower, garlic, egg whites, 1/2 cup mozzarella cheese, Parmesan cheese, oil, salt and black pepper.
5. Press cauliflower mixture into 14-inch circle on prepared cookie sheet. Bake 24 minutes or until browned. Evenly top crust with marinara, remaining 1/4 cup mozzarella cheese, pepperoni, roasted peppers, onion and olives. Bake 7 minutes longer or until cheese melts.