



Dietitian's Dish

Simply Amazing Cauliflower!

Cauliflower has gained popularity in recent years.
Here's just a few of the many reasons.

- Naturally gluten free
- Low carb
- Has vitamin C, fiber, potassium, folate, and choline
- Nutrients help protect against heart disease & certain cancers

Cauliflower is so versatile it can be swapped in place of many foods including rice, pizza crust, and potatoes. Try these delicious recipes to include more cauliflower in your menu!

Scan the code
for a
mouth-watering
video of this
Au Gratin recipe.



Broccoli, Cauliflower and Carrot Au Gratin

Ingredients:

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| • 4 cups broccoli florets | • 1 large egg |
| • 4 cups cauliflower florets | • 1-1/2 cups cottage cheese |
| • 3 cups baby carrots (or carrot slices) | • 3/4 cups grated parmesan cheese |
| • 1-1/4 tsp. salt, divided | • 1/2 tsp. garlic powder |
| • 1-1/4 tsp. black pepper, divided | • 1 Tbsp. fresh chives |



Directions:

1. Preheat oven to 425°F. Spray a baking sheet and 9x13 baking dish with non-stick cooking spray.
2. Add broccoli, cauliflower, and carrots to the prepared baking sheet. Mix the vegetables and spray lightly with non-stick cooking spray. Sprinkle with 3/4 tsp. each of salt and pepper. Roast for 15 minutes.
3. Transfer roasted vegetables into the baking dish. In a separate bowl, mix the egg, cottage cheese, and remaining seasonings. Spread over the vegetables evenly. Bake for 10 minutes or until vegetables are fork tender. Then, broil on high for 3 minutes or until the top is golden brown. Remove from the oven and serve.

Turkey Shepard's Pie with Mashed Cauliflower

Ingredients:

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| • 1 Tbsp. olive oil | • 2 Tbps. Worcestershire sauce |
| • 2 carrots peeled, chopped | • 1 tsp. garlic powder |
| • 1 small, sweet onion diced | • 1 can (8 oz.) no-salt-added tomato sauce |
| • 1 cup frozen sweet corn | • 16 oz. cauliflower, finely chopped |
| • 1-1/2 lbs. lean ground turkey | • 2 Tbps. low-fat cream cheese |
| • 2 Tbps. flour | • 1 cup shredded low-fat Cheddar cheese, divided |
| • 1/2 tsp. salt | |



Recipe (adapted) and image courtesy of HealthyFamilyProject.com.

Directions:

1. Preheat oven to 400°F.
2. Heat oil in nonstick skillet over medium heat. Add onion, carrots, and corn, and cook 5 minutes, or until softened. Add turkey and cook 5-7 minutes, or until cooked thoroughly. Add flour and salt, stir to coat. Add Worcestershire, garlic powder, tomato sauce and 1/2 cup water. Mix well and cook until heated through.
3. Place cauliflower in large bowl and microwave on HIGH for 4 minutes, or until tender. Add cream cheese and 1/2 cup of shredded cheese, then mix with an electric hand mixer until smooth.
4. Spoon turkey mixture into 11x8-inch baking dish. Top with mashed cauliflower and spread to evenly coat. Sprinkle with the remaining 1/2 cup of shredded cheese.
5. Bake for 10 minutes, or until bubbly and the cheese melts.

