



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

Dietitian's Dish

Power of Cauliflower!

Cauliflower is a versatile food that offers many healthy nutrients.

Folate lowers blood homocysteine levels to promote heart health.

Vitamin K supports bone health and reduces blood clotting.

Fiber aids digestion. Vitamin C helps absorb iron and protects against free radical damage which might play a role in heart disease, cancer and other diseases.

It makes an excellent meat alternative and a gluten-free option in recipes like pizza, fried rice and tacos. You can buy prepared riced cauliflower or easily make it with a food processor or box grater. Just cut off the florets from the core.

Grate the florets on a box grater or in a food processor with a shredding blade.

Serve up your favorite stir-fry with a "fried rice"

or make some "wings" in the air fryer and toss in your favorite sauce.

Cauliflower Fried Rice

Ingredients:

- 2 large eggs beaten
- 1 Tbsp. olive oil
- 1/2 a small, sweet onion, finely diced
- 1 cup frozen peas and carrots mix
- 2 cloves garlic minced
- 16 oz. cauliflower rice
- 1/4 cup low-sodium soy sauce
- 4 scallions, greens diced
- Sesame seeds (optional)



Directions:

1. Heat a large skillet or wok over medium heat and spray with cooking spray. Add eggs and cook for 2 minutes, or until cooked through. Remove from pan and set aside.
2. Return skillet to heat and add oil, onions, peas and carrots, and garlic, and cook 4-5 minutes, or until softened.
3. Increase heat to medium-high. Add cauliflower crumbles and soy sauce. Mix well, cover and cook 7-10 minutes, stirring frequently, or until the cauliflower is tender.
4. Remove from heat, mix in scrambled egg and top with diced scallion greens and sesame seeds (optional).

Recipe (adapted) courtesy of Healthyfamilyproject.com.

Air Fryer Cauliflower "Wings"

Ingredients:

- 1 cup all-purpose flour
- 1/2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 5 large eggs
- 2-3/4 cups plain panko breadcrumbs
- 1 large head cauliflower, cut into florets (about 8 cups)
- Nonstick cooking spray



Directions:

1. Line rimmed baking pan with parchment paper. In a wide, shallow dish, whisk flour, salt and pepper. In a separate shallow dish, whisk eggs; place breadcrumbs in third shallow dish. Dredge cauliflower in flour mixture, shaking off excess, then dip in eggs and then breadcrumbs to coat; place on prepared pan and refrigerate.
2. Preheat oven to 300°. Preheat 3-quart air fryer to 400° for 5 minutes. Spray cauliflower with cooking spray. In 3 batches, air fry cauliflower 5 minutes or until golden brown and crisp, turning once; transfer to second rimmed baking pan and keep warm in oven. Makes about 40 "wings."
3. Before serving, toss "wings" in your favorite sauce.