

2015 – WHAT’S NEW IN THE FARMER’S MARKET

NY Daily News – Cauliflower is the new kale

Cauliflower is versatile enough to be grilled like a steak, covered with batter, mashed like potatoes or as a family member served me, a pizza crust.

Looking around y supermarket, I found yellow, orange, green, and even purple cauliflower along with the usual white variety. Chefs are finding this trendy veggie perfect to use in many exciting new ways.

Cauliflower gives you a meaty umani flavor; therefore, it’s making it’s way to the dinner plate as a main dish. Try a Cauliflower Steak.

Bake it: Sprinkle it with bacon, vegetable bacon bits, or flavor enhancers.

Make it into a gourmet savory cheesecake side dish



[Creamy Cauliflower Cheesecake Cups](#)

- **side dish made to impress**

Surprise your guests with Cauliflower Cheesecake Cups. Under the crunchy browned top is a creamy soft vegetable filling bursting with flavor on an onion-garlic crouton crust. Whenever I serve this side dish, my guests are amazed when they discover it is made from one head of cauliflower.

Prep time: 20 minutes

Cook time: 30 minutes

Total time: 50 minutes

Servings: 14

- **5 cup(s) coarse broken cauliflower florets**
- **1/4 cup(s) low fat milk**
- **2 eggs**
- **8 ounces Kraft Philadelphia reduced fat Cream Cheese with chive & onion**
- **1/4 cups shredded pepper jack cheese**
- **1/2 tsp. garlic salt**
- **1/4 tsp. white pepper**
- **1/4 tsp. ground nutmeg**
- **1/2 cup(s) and 5 Tbsp. fine shredded Italian blend cheeses, divided**
- **1/3 cups and 1/4 cup crushed garlic & onion croutons, divided**

Steps

- 1. Preheat oven to 350 degrees F.**
 - 2. In an 8 cup microwavable measuring bowl, toss cauliflower florets and milk. Cook in microwave oven on high power for 4 minutes; stir; continue cooking for 4 to 5 minutes or until softened. Let rest 1 minute.**
 - 3. Meanwhile, beat eggs until foamy; set aside.**
 - 4. With an immersion blender, mash cauliflower until smooth; stir in cream cheese until melted; mix in pepper jack cheese, garlic salt, white pepper, nutmeg, and 1/2 cup shredded Italian blend cheeses. Fold in beaten eggs.**
 - 5. In a small bowl, combine 5 Tablespoons shredded Italian blend cheeses and 1/3 cup crushed croutons. Set topping aside.**
 - 6. Place 14 silicone cups inside cupcake pans. Sprinkle about 1 rounded teaspoon crushed croutons evenly into bottom of each cup. Fill each cup with cauliflower mixture; sprinkle the top of each cup with 1/2 Tablespoon crushed croutons cheese mixture.**
 - 7. Bake in 350 degree oven for about 25 to 30 minutes or golden brown. Remove from oven; let rest 5 minutes; remove cauliflower cheesecake from cups to serving plates. Serve warm.**
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Mandy Heaston posted on Oct. 8, 2010 - Side Dish Host RWOP

I can't wait to share our last Make to Impress Side Dish Winner with you all!

....our final winner's recipe, it is a MUST! RUN, don't walk and get the things you need to make this dish! Everyone in my family loved it and I added it to our Thanksgiving menu for this year.

....These savory and creamy cups are bursting with great flavor and I especially love the garlic & onion crunch on top...yum! Plus, this dish is bursting with calcium and vitamin C. My kids had no idea they were eating something so good for them!

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Fry it: Slice the head into steaks and tenderize it by steaming it. Bread it with some flour and your favorite chili powder; fry until golden brown or fry it coated with some buttermilk batter.

Puree It: Smoked cauliflower puree serve with your favorite chicken or chops or add it to your creamy chowder.

Mash It: Chop and smash it in place of mashed potatoes.

The popularity of Paleo and gluten free diets is perfect for the low-carb diet.

Trader Joe's Cauliflower Grating is leading the way to a new mac 'n cheese.

Diet strength: dietary fiber, vitamin C source and low in calories. It's a superfood that contains detoxifying vitamins B and K, Omega-3's and manganese.

If you serve the orange variety: it contains 25% more vitamin A than the white. The Green version is known as broccoflower. The purple is high in antioxidants.

