



SPICED GOLDEN CAULIFLOWER SOUP

- 1 teaspoon cumin seeds
- 1 teaspoon coriander seeds
- 1 teaspoon fennel seeds
- 2 Tablespoons olive oil
- 1 large sweet onion, peeled, chopped
- 3 large garlic cloves, minced
- 1 teaspoon finely chopped fresh ginger
- 1/2 teaspoon salt
- 1/8 teaspoon (each) black pepper, red pepper to taste
- 1-1/4 pounds gold colored or white cauliflower florets
- 1 (32 fl. oz.) container vegetable broth

1/2 cup skim milk

1 Tablespoon all purpose flour

1 cup lime yogurt or lite sour cream

Garnish** fresh chives, parsley, chopped roasted red pepper as desired

Over medium heat, sauté cumin, coriander and fennel seeds in small skillet, cooking to lightly toast about 3 minutes. Place in spice grinder; process until ground. Set aside.

Heat oil in soup pot; sauté onions until softened about 5 minutes. Stir in garlic, ginger, , salt, pepper, and ground spices. Add cauliflower florets, tossing to coat with spices, about 1 minute. Add vegetable broth; bring to a boil; reduce heat to medium low; cover lightly; cook about 25 minutes or until cauliflower is tender.

Remove; set aside about 1 cup cauliflower florets for garnish. With an immersion blender, puree the remaining cauliflower to form a smooth soup. Stir the cold milk and flour together; add to soup; cook until boiling and lightly thickened. Cook until desired consistency.

Chop the reserved cauliflower into smaller florets. Spoon soup into balls; drizzle with swirls of yogurt or light cream. Garnish the top with small cauliflower florets, parsley, and roasted red peppers. Delicious served with Honey Mustard Pretzel Crisps.

Serves: 4 to 6

Preparation time: 15 minutes

Cooking time: about 40 minutes

About this recipe: It is one of the top trendy vegetables, Cauliflower. The veggie is so versatile that it adapts into almost any recipe producing spectacular results. You can use the white variety, but I'm encouraging you to try the orange one. The golden broth makes it extra special and gives you an added vitamin boost. Adding a slurry of flour mixture will thicken the soup for a richer consistency. Drizzle some lime yogurt or sour cream attractively around the bowl and top with chunky pieces of cauliflower, herbs, and diced red peppers for color. Perfect for those chilly winter days.

Inspired by EatingWell Magazine recipe for Spiced Cauliflower Soup