



Golden Roasted Cauliflower & Broccoli with Cashew Streusel

Healthy cruciferous vegetables are rich in antioxidants

1/2 cup unsalted cashews
Filtered water as needed
1/4 cup unsweetened oat or almond milk
1/4 teaspoon finely ground salt
1/2 large cauliflower
2 broccoli stems
2 Tablespoons olive oil or oil spray
Salt and ground black pepper as desired
1 Tablespoon grated Parmesan cheese
Garnish: chopped parsley as desired

Prepare Cashew Streusel:

- Place the cashews in a deep bowl; cover with room temperature water; cover bowl; set aside on counter to soak until softened, 5 to 8 hours or overnight.
- Meanwhile, rinse; drain liquid from soaked cashews, place them into food processor. Add oat milk and salt; process until mixture is creamy but still retains

small chunky pieces; transfer to a bowl. If not using immediately, cover; refrigerate until needed. Use within 3 days.

Prepare Cauliflower & Broccoli:

- Remove the outer green leaves from the cauliflower; cut the head into florets, discarding the stems. Place florets on a foil lined baking pan.
- Drizzle with olive oil; sprinkle with salt and pepper; toss well.
- Bake in 350-degree F oven for 15 minutes; toss once; spray lightly with olive oil; return to oven; bake 10 minutes or until cauliflower is starting to turn a golden brown.
- Remove from oven, spread spoonfuls of cream cashew nuts around cauliflower and broccoli; toss; sprinkle with grated Parmesan cheese; lightly toss cauliflower again. Return to 350 F degree oven; bake for 5 minutes or streusel is golden brown.
- Remove from oven; set aside until cool enough to handle. Place in serving bowl; serve warm. Serves: about 4 as a side dish

About the Recipe: This recipe combines two powerhouse vegetables, cauliflower, and broccoli. Both of them are low in calories, high in fiber, and generously endowed with a variety of important vitamins and minerals. Softened cashew streusel adds a delicious flavor add-in. It's an easy-to-make side dish to combo with any entrée.