

Roasted Cauliflower

- Head of cauliflower
- 2-3 cloves of garlic, crushed and minced
- Ziploc Bag
- 2 TBSP Olive Oil
- Salt and Pepper - to taste
- Optional- onion powder ¼ tsp
- Optional - fresh Parmesan

- Preheat oven to 375°.
- Chop a head of cauliflower (do not rinse) - or rinse and let thoroughly dry.
- Mince 2-3 cloves of fresh garlic or you can use 1 tsp powdered garlic
- Place cauliflower into a gallon size ziploc bag.
- Add garlic with 2 TBSP olive oil and salt and pepper to taste.
- Shake your ziploc bag well until coated.
- Spread out on baking sheet.
- Place on top rack and bake for about 30 minutes until edges brown.
- optional - add Parmesan Cheese on top when it comes out of the oven before

Buffalo Cauliflower

- 1 head of cauliflower
- For the batter
- ½ cup all-purpose flour
- ½ cup water
- dash of Frank's Wing Sauce or Frank's Original Hot Sauce
- ¼ teaspoon garlic salt
- ¼ teaspoon dried onion
- For the buffalo sauce
- ¼ cup Frank's Wing Sauce
- 3 Tablespoons salted butter, melted
- pinch of salt

- Preheat the oven to 450 degrees.
- Line a baking sheet with tin foil and spray with non-stick spray
- Wash your head of cauliflower and cut into pieces.
- In a medium bowl, mix together the batter ingredients. It will be fairly thick.
- Dip each piece of cauliflower into the batter until fully and evenly coated.
- Bake for about 15 minutes until just crisp
- Mix together the buffalo sauce ingredients.
- Once the cauliflower are done, brush with the buffalo sauce and put back into the oven and bake 5-7 minutes until the sauce has mostly dried and the cauliflower is crispy.
- Remove from the oven, let cool, then enjoy! Serve with Ranch or Bleu Cheese dressing.

Indian-style Cauliflower

- tablespoons olive oil
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon curry powder
- 1 teaspoon turmeric powder
- 1 large head cauliflower cored, broken into 1-inch florets
- Kosher salt and freshly ground black pepper
- 1 teaspoon finely grated peeled ginger
- 1 teaspoon finely grated lime zest

Preheat oven to 450°. Stir oil, coriander seeds, cumin seeds, curry, and turmeric in a large bowl to combine. Add cauliflower and season with salt and pepper. Toss to coat cauliflower evenly. Arrange in a single layer on a large rimmed baking sheet (scrape any extra seasoning from bowl over cauliflower). Roast until cauliflower is brown around edges and crisp-tender, 10–15 minutes. Transfer to a platter and sprinkle ginger and lime zest over. Serve warm or room temperature.

Roasted Honey Garlic Cauliflower

1/2 head of cauliflower, cut into bite-sized florets

for the sauce:

- 6 tbsp. honey
- 4 garlic cloves, minced
- 1 tsp onion powder
- 6 tbsp. water + 2 tsp cornstarch
- 1 1/2 tbsp. soy sauce
- 1/2 - 1 tbsp. sriracha sauce to taste

Mashed Cauliflower

- 1 head of cauliflower, cut into florets
- 2 tbsp butter
- 1 clove of garlic, minced or grated.
- Salt and pepper
- 2 tbsp fresh chopped chives

Parmesan Cauliflower Bites

- 1/2 cup vegetable oil
- 1 cup Panko
- 1/4 cup grated Parmesan cheese
- 1 tablespoon Italian Seasoning
- 4 cups cauliflower florets
- 1/2 cup all-purpose flour
- 2 large eggs, beaten

Preheat oven to 400F. Line a large baking sheet with parchment paper. Place cauliflower florets on baking sheet. Roast for about 15-20 minutes or until cauliflower is cooked and tender but still a little crisp.

While the cauliflower is cooking, make sauce on the stove. Add all sauce ingredients except the cornstarch + water. Bring to a low boil and stir until blended. In a small bowl, completely dissolve cornstarch in water, then add to the mixture. Stir until sauce boils again and cook until sauce thickens (about 2 minutes). Toss cauliflower in sauce and coat. Serve warm. Garnish with fresh scallions if desired.

Bring a large pot of water to a boil, add cauliflower florets. Cook for about 6 minutes, or until soft.

Once cauliflower is finished cooking, drain well, pat between several layers of paper towels until very dry. Place in a large mixing bowl.

Add in vegan butter and garlic.

With an immersion blender or potato masher, combine until creamy. Season with salt & pepper and stir in fresh chives.

Heat vegetable oil in a large skillet over medium high heat.

In a large bowl, combine Panko, Parmesan and Italian Seasoning; set aside.

Working in batches, dredge cauliflower in flour, dip into eggs, then dredge in Panko mixture, pressing to coat.

Add cauliflower to the skillet, 5 or 6 at a time, and cook until evenly golden and crispy, about 2-3 minutes. Transfer to a paper towel-lined plate.

Serve immediately.