

HEALTHFUL TIPS

Fall Super Food —Cauliflower



Versatile cauliflower is perfect for fall and winter side dishes. It's delicious steamed, blended to create a mashed potato-like texture, pureed into soup or transformed into pizza crust.

Cauliflower is rich in vitamins and phytonutrients that work as health-promoting antioxidants in the body. Because cauliflower contains a broad range of super-nutrients, it helps to lower the damaging effect of oxidative stress in cells. This may help to lower cancer risk, inflammation, heart disease risk and cholesterol levels. Cauliflower is a good source of dietary fiber.

Cauliflower is in the same family as broccoli, kale, cabbage and collards. It is available year-round, but is at its best from December through March.

Mashed Cauliflower Potatoes

- 1 large head of fresh cauliflower, chopped
- 2 tbsp butter
- 4 tbsp sour cream, fat-free
- 2 tbsp grated Parmesan cheese
- Salt, pepper, garlic powder to taste (optional)

Bring 2 quarts of water to a boil in a large pan; add cauliflower. Cook until tender.

Drain well and transfer to a large bowl. Add other ingredients. Use a hand mixer to blend until smooth and creamy. Serve warm. Makes 8 servings.

Nutrition information per serving: 50 calories, 2 grams protein, 3 grams fat, 4 grams carbohydrate, 54 mg sodium.



Cauliflower Pizza

- Nonstick spray
- 1/2 large head cauliflower,
- 1 large egg, lightly beaten
- 2 cups shredded part-skim mozzarella cheese
- 2 tablespoons grated parmesan cheese
- Kosher salt and freshly ground black pepper
- 1/2 cup pizza sauce
- 1/2 clove garlic, sliced
- 2 oz lean ham, thin sliced and chopped
- Fresh basil leaves, chopped



Line a rimmed baking sheet with parchment paper. Preheat oven to 425 degrees F.

Cut the cauliflower into smaller pieces and place in blender and chop until rice size. This should produce about 2 cups. Place cauliflower rice in a large bowl and microwave for seven to eight minutes, or until soft. Remove from the microwave and let cool.

Mix in the egg, one cup mozzarella, parmesan cheese, and salt and pepper. Once combined, pat into a 10-inch round or square on the prepared pan. Spray lightly with nonstick spray. Bake for 10-15 minutes until well-done and golden brown.

Top the pizza with the sauce, 1 cup mozzarella, garlic, and ham. Bake in the oven until melted and bubbly, another 10 minutes. Top with basil before serving. Makes 4 servings.

NUTRITION INFORMATION PER SERVING: 220 calories, 21 grams protein, 11 grams fat, 8 grams carbohydrate, 638 mg sodium.