



Shook-Up Cauliflower Parmesan + Terrific Tomato Sauce

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Prep Time 20 / **Cook Time** 13 / **Serves** 4 - 6

Shopping List

- FRESH
- 1 cauliflower head
- DAIRY AND EGGS
- 1 egg ******(see allergy subs below)******
- 3 T butter ******(see allergy subs below)******
- PANTRY
- 1/4 C all-purpose flour ******(see allergy subs below)******
- 1/4 C breadcrumbs ******(see allergy subs below)******
- 3 T shelf-stable Parmesan cheese ******(see allergy subs below)******
- 1 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/4 C vegetable oil ******
- 1 14-oz can tomato sauce or puréed tomatoes
- 2 tsp onion powder
- 1 T granulated sugar
- "WATER YOU COOKING UP?" FLAVORED WATER (OPTIONAL)
- 4 C water
- 2 C ice

Choose 1 or more of the following fresh ingredients to flavor your water:

1 cucumber

1 lime

1 lemon

1 orange

1 mint sprig

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

slice: to cut into thin pieces using a sawing motion with your knife.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

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chop: to cut something into small, rough pieces using a blade.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

Can opener

Measuring spoons

Small saucepan

Pitcher

Cutting board

Kid-safe knife

- Measuring cups
- Skillet
- Large sealable container + tight-fitting lid
- Dry measuring cups
- Liquid measuring cup
- Slotted spoon
- Rubber spatula
- Paper towels
- Plate

Ingredients

Terrific Five-Ingredient Tomato Sauce

- 1 14-oz can tomato sauce or puréed tomatoes ******(for NIGHTSHADE/TOMATO ALLERGY omit sauce and use olive oil + chopped basil to top gnocchi, pasta, etc.)******
- 3 T butter ******(for DAIRY ALLERGY sub 3 olive oil)******
- 2 tsp onion powder
- 1 tsp salt
- 1 T granulated sugar

"Water You Cooking Up?" Flavored Water

- 4 C water
- 2 C ice
- Choose 1 or more of the following fresh ingredients to flavor your water:
 - 1 cucumber
 - 1 lime
 - 1 lemon
 - 1 orange
 - 1 mint sprig

Shook-Up Cauliflower Parmesan

- 1 cauliflower head

- 1/4 C all-purpose flour ******(for CELIAC/GLUTEN ALLERGY sub 1/4 C gluten-free/nut-free all-purpose flour)******
- 1/4 C breadcrumbs ******(for CELIAC/GLUTEN ALLERGY sub 1/4 C gluten-free/nut-free breadcrumbs)******
- 3 T shelf-stable Parmesan cheese ******(for DAIRY ALLERGY sub 3 T nutritional yeast)******
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 egg ******(for EGG ALLERGY sub 1 T ground flaxseeds whisked with 1/4 C water)******
- 1/4 C vegetable oil ******

Food Allergen Substitutions

Terrific Five-Ingredient Tomato Sauce

Nightshade/Tomato: Omit recipe and use olive oil + chopped basil to top gnocchi, pasta, etc.

Dairy: For 3 T butter, substitute 3 T olive oil.

"Water You Cooking Up?" Flavored Water

Shook-Up Cauliflower Parmesan

Celiac/Gluten/Wheat: For 1/4 C all-purpose flour, substitute 1/4 C gluten-free/nut-free all-purpose flour.
For 1/4 C breadcrumbs, substitute 1/4 C gluten-free/nut-free breadcrumbs.

Dairy: For 3 T shelf-stable Parmesan cheese, substitute 3 T nutritional yeast.

Egg: For 1 egg, substitute 1 T ground flaxseeds whisked with 1/4 C water.

Soy: Substitute canola oil or other nut-free high-smoking point oil (can heat to a higher temperature without smoking) for vegetable oil.

Instructions

Terrific Five-Ingredient Tomato Sauce

measure + add + simmer

Measure and add **1 can tomato sauce, 3 tablespoons butter, 2 teaspoons onion powder, 1 teaspoons salt, and 1 tablespoon of sugar** to a small saucepan. Bring to a simmer and cook until the butter melts, at least 5 minutes. Pour sauce over over cooked pasta, gnocchi, meatballs, or veggies. It's great topped with shredded basil and Parmesan cheese!

"Water You Cooking Up?" Flavored Water

chop + measure + stir

Choose the flavor of water you will be making. Simply slice whatever **fresh ingredients** you chose and place them into a pitcher. Measure and add **4 cups of water** and **2 cups of ice**. Stir a few times and then serve.

Shook-Up Cauliflower Parmesan

intro

This recipe is inspired by the classic dish: Eggplant Parmesan. This version will be a simplified and dunkable version that reimagines the classic as a fun snack!

chop + measure + shake

Chop **1 head of cauliflower** into large chunks. Try to make all the pieces roughly the same size so that they cook for an even amount of time. Place the cauliflower into a large sealable container. Measure and add **1/4 cup flour**, **1/4 cup breadcrumbs**, **3 tablespoons Parmesan cheese**, **1/2 teaspoon salt**, **1/4 teaspoon black pepper**, and crack in **1 egg**. Seal the container and shake, shake, shake until all the cauliflower is coated. Practice your Italian counting while you shake: 1 uno (OO-noh), 2 due (DOO-eh), 3 tre (treh), 4 quattro (KWAHT-troh), 5 cinque (CHEEN-kweh).

pour + sauté

Add **1/4 cup of vegetable oil** to a large skillet over medium-high heat. Once the oil is hot, place the cauliflower chunks into the oil gently. Do not stir right away. Jiggle the pan gently to make the cauliflower settle into an even single layer. Sauté for 5 minutes, flip the cauliflower and cook for another 3 minutes.

dunk + devour

Remove the cauliflower from the skillet onto a paper-towel-lined cutting board or plate. Then, start serving the Shook-Up Cauliflower Parmesan alongside **Terrific Five-Ingredient Tomato Sauce!** Dunk and devour! Say a big Italian "Cheers" as you dig in: "Salute" (sah-LOO-teh) or "Cin cin" (Chin chin)!

Featured Ingredient: Cauliflower!

Hi! I'm Cauliflower!

"I'm a vegetable with a head full of flowers—actually, flower buds. I'm a cauliflower, and my florets (also called curds) are a tight bunch! They are often white, but you might see cauliflowers with green, orange, and purple heads. We also have a variety called Romanesco broccoli (they like to be different), which is green with spiral, spiky-looking florets! Cauliflower is a great gluten-free substitute for a pizza crust, and you can make a yummy, low-carbohydrate version of mashed potatoes with me, too!"

History

Cauliflower is a cousin of kale, cabbage, brussels sprouts, kohlrabi, collard greens, and broccoli. These vegetables (including cauliflower) are descendants of the same wild vegetable called "Brassica oleracea." Brassica oleracea is native to the southern and western coasts of Europe (find these areas on your map!). Over several generations, farmers have selected different features of the Brassica oleracea. From these selections, each of the original species' modern-day relatives was born: cabbage, kale, brussels sprouts, kohlrabi, broccoli, collard greens, and cauliflower.

These modern-day vegetables are called cultivars. They are different varieties of the same original plant bred to have desirable qualities for human purposes—in this case, to eat!

Cauliflower is quite a noble vegetable. History tells us that the French King Louis the 14th demanded that cauliflower be present at every feast.

China is the largest harvester of cauliflower in the world. China produces an estimated ten million tons of cauliflower and broccoli per year.

Anatomy & Etymology

The head of the cauliflower (what we eat!) is actually undeveloped flowers! It's true! Each flower is bonded to its neighboring flower so that together, they form a tightly-packed head of "curds."

Cauliflowers can be purple, green, orange, yellow, or white!

Cauliflower develops coarse, green leaves that grow in a rosette shape. The leaves are attached to the stalk, which is centered and sturdy enough to hold the cauliflower's large, heavy white head.

These giant leaves grow up and over the cauliflower head to protect it. Cauliflower will stay white if farmers "blanch" it or cover the heads to shield them from the sun. When cauliflowers are the size of tennis balls, farmers cover them with their biggest outer leaves and tie them at the top. Farmers give the cauliflower leaves a haircut at harvest time and trim the huge leaves closer to the cauliflower head.

If cauliflower heads are not covered as they grow, they will turn dull yellow. Yellow cauliflowers actually have MORE vitamins than white cauliflower because the sun has allowed the heads to develop phytonutrients or special plant vitamins. Heirloom varieties of cauliflower are naturally bright purple, green, or orange and are also high in phytonutrients.

Cauliflower is a bit of a picky vegetable. It doesn't like to grow in too hot or too cold temperatures. It also prefers a very comfortable environment free from pests like insects (as we imagine, would most veggies and fruits!). Cauliflower is especially prone to insect infestations.

The word "cauliflower" may be from the French "chou-fleur" or from the Italian "cavolfiore," which both mean "cabbage flower."

How to Pick, Buy, and Eat

Cauliflowers are picked when they have reached the expected size and texture.

When buying cauliflower, look for compact heads where the curds (individual florets) are not separated but tightly packed together. Avoid heads that have blemishes or spots on them.

Store raw cauliflower in a paper or plastic bag in the fridge for up to a week.

Cauliflowers can be eaten raw, cooked, or pickled. (They're delicious pickled!)

You can sauté cauliflower leaves in butter (just ask Nigella Lawson!).

You can also rice cauliflower florets or curds by pulsing them in a food processor for a great low-carb alternative to white rice.

Nutrition

One cup of raw cauliflower has more vitamin C than an orange!

Cauliflower has quercetin, a pigment that helps protect our veins and arteries, the tubes that transport our blood!

Cauliflower is high in fiber, which helps us digest our food.

Our bodies are basically giant collections of cells. Every organ, every inch of skin, every body part is made up of millions of invisible cells that each have their own job in keeping us healthy.

Antioxidants are nutrients that clean our body's house to keep our cells happy and healthy. Fruits and vegetables provide these antioxidants, and cauliflower is an excellent source, keeping our internal house clean and healthy