

CAULIFLOWER, APPEARING AS...



Cauliflower is one of the best vegetables to use as...a meat substitute, as a rice substitute, as a potato substitute and a host of other things. It's got a high fiber content and a good level of antioxidants in addition to being able to mimic a lot of other non-vegetables. On top of that, who doesn't like making a wrap? It's a whole meal in a package that's easy to carry and eat. In this session, we'll prepare buffalo cauliflower wraps for a meatless lunch or supper. Then, we're going to substitute cauliflower for shrimp or chicken and spice it up to top a corn and nectarine salad. You can also use the corn and nectarines to make a salsa for dipping. Both of these recipes are good for a picnic

supper if you're inclined to stop by Baker Park on Sunday evenings and listen to live music.

Ingredients

Preparation

<p>Buffalo Cauliflower</p> <ul style="list-style-type: none"> • 1 head cauliflower; chopped into bite size piece • ½ cup rice flour • ½ cup water • Pinch of kosher salt • Pinch of granulated garlic powder • Whole wheat or spinach tortillas <p>Sauce and condiments</p> <ul style="list-style-type: none"> • 1 tsp. butter or margarine; melted • ½ cup Frank's Red Hot sauce • Fresh avocado • Ranch dressing • Lettuce • Pickled red onions 	<ol style="list-style-type: none"> 1. Preheat oven to 450F. 2. In a small bowl, combine brown rice flour, water, garlic powder and salt. Mix thoroughly with a whisk. 3. Dip cauliflower pieces in the batter until coated evenly, then place on a lightly greased, non-stick baking sheet. 4. Bake for about 10 minutes or until the batter hardens, then flip with a spatula and bake for another 5 minutes. 5. Whisk together Frank's Red Hot sauce and Earth Balance butter substitute in a small bowl. 6. When the cauliflower is finished, take a plastic pastry brush and evenly brush each piece with the hot sauce mixture. 7. Bake coated cauliflower for an additional 8-10 minutes, or until cauliflower is crispy, and sauce looks absorbed. 8. Remove from oven. 9. Let cauliflower bites set out for at least 20 minutes before serving. 10. Enjoy!
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Hello Summer! And hello to all the fresh fruits and vegetables that summer brings us. Salsa and corn on the cob isn't only one way. The following combines fruit with roasted corn to make something completely different, just like when you emulsify oil and vinegar to make salad dressing. Substitute peaches, mango or even apples to make a salad topping, salsa or just topping for your spicy roasted cauliflower that's the second part of the recipe.

Ingredients and Preparation

Nectarine and Corn Salad/Salsa

- 3 ears of corn
- 2 nectarines, sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup + 2 tbsp. fresh cilantro, chopped
- 2 limes
- 1/4 cup olive oil
- 1-2 tbsp. honey
- salt and pepper
- 1/3 cup feta or cotija cheese crumbles

For the cauliflower

- 1 head cauliflower, cut into bite-sized pieces
- 1 chipotle pepper in adobo sauce, minced
- 2 tbsp. adobo sauce (from the peppers)
- 2 tbsp. fresh lime juice
- 1 clove garlic, minced
- 2 tsp. brown sugar
- 1/2 tsp. chili powder (you can omit this to tone down the spice)

Preparation

- Marinate the cauliflower. Finely chop the chipotle pepper and add to a bowl with the adobo sauce, lime, garlic, sugar and chili powder. Add shrimp and stir to coat. Let sit 15 minutes.
- Heat a drizzle of olive oil in a pan over medium-high heat. Add cauliflower and cook a few minutes on each side until cooked through. Occasionally brush the leftover marinade over the vegetable pieces, coating each piece. You can also skewer them and cook them in a grill pan or on the grill for a little extra charred flavor.
- Prepare corn using your favorite method. Grill, broiler, microwave, just beware of overcooking it. Crunchy corn = good corn. **Fast Fix:** microwave the corn in the husks for 1-2 minutes, depending on the size. Once they are cooled, remove the husks and char them over the gas burner on the stove. You can also char them under the broiler. Once corn has cooled, slice kernels off the cob and place in a large bowl.
- Add nectarines, red onion and 1/4 cup cilantro. Toss to combine. Crumble feta cheese over the top and stir in gently. In a small bowl, whisk together the juice of 2 limes, olive oil, 1 tbsp. honey and cilantro. If you want a more honey-ish than lime-ish dressing, add another tbsp. of honey. Season with salt and pepper to taste.
- Add dressing to salad and serving additional dressing on the side. Top salad with chipotle cauliflower and serve. This salad makes some A+ leftovers, if you leave the dressing on the side.