

Delicious Cauliflower Recipes from Breakfast to Dessert

Cauliflower Muffins

Makes 12 muffins | Prep. time 10 minutes | Cooking time 25 minutes

Ingredients

- 3 cups cauliflower rice (1 large cauliflower head)
- 5 large eggs, beaten
- ½ teaspoon garlic powder
- 1 cup shredded cheddar cheese
- 6 ounces diced ham
- ½ cup baby spinach
- ½ cup finely chopped yellow onion
- Pinch of cayenne pepper
- Kosher salt and freshly ground black pepper, to taste

Directions

1. Preheat oven to 375°F (191°C). Grease a 12-cup muffin tin with some cooking spray or cooking oil.
2. In a large mixing bowl, whisk the eggs. Add the cheddar cheese and garlic powder. Mix until well-combined.
3. Mix in the ham, onion, and spinach. Add the cayenne pepper, kosher salt, and black pepper. Combine well.
4. Pour the mixture evenly over the prepared muffin tin until each tin is $\frac{2}{3}$ full.
5. Bake until golden-brown, about 20-25 minutes.
6. Cool down over a wire rack for about 8-10 minutes.
7. Serve warm.

Nutrition (per 2 muffins)

Calories 310, fat 13 g, carbs 9 g,
Protein 25 g, sodium 1135 mg

Buffalo Cauliflower Wings

Serves 4 | Prep. time 15 minutes

Cooking time 35 minutes | Chilling time 30 minutes

Ingredients

For the sauce

- 2 tablespoons blue cheese, crumbled
- 1 tablespoon skim milk
- 1/3 cup non-fat sour cream
- 2 teaspoons mayonnaise
- Freshly ground black pepper and kosher salt, to taste

For the wings

- 2 tablespoons unsalted butter
- 1/4 cup hot sauce
- 1/2 cup water
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- Kosher salt, to taste
- 1 medium cauliflower head, cut into florets (about 8 cups)

Directions

1. Preheat oven to 400°F (204°C).
2. In a large mixing bowl, combine the blue cheese, milk, sour cream, mayonnaise, pepper, and salt.
3. Cover and refrigerate for half an hour.
4. Melt the butter in a heat-safe bowl in a microwave. Add the lemon juice and hot sauce. Set aside.
5. In a large mixing bowl, add olive oil, water, and salt to taste. Combine well.
6. Add the cauliflower and mix well to evenly coat.
7. Add the cauliflower mixture to a rimmed baking sheet. Roast for about 20-25 minutes until tender and light brown.
8. Drizzle the hot sauce mixture on top and toss to combine well.
9. Roast for 5 more minutes.
10. Serve warm with the prepared cheese sauce.

Nutrition (per serving)

Calories 220, fat 16 g, carbs 15 g,

Protein 7 g, sodium 830 mg

Classic Cauliflower Cream Soup

Serves 4-6 | Prep. time 10 minutes | Cooking time 30 minutes

Ingredients

- 1 large cauliflower, washed and cut into small pieces
- 1 tablespoon vegetable oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- Salt and white pepper
- ¼ teaspoon nutmeg or to taste
- 4 cups vegetable stock
- Water as needed
- 1 cup heavy cream
- ¼ cup parmesan cheese, shredded

Preparation method

1. Heat the vegetable oil in a large saucepan or soup kettle over medium-high heat. Add onion and stir-fry for 2–3 minutes until tender and fragrant. Add garlic and stir-fry for 1 minute.
2. Add cauliflower and stir until well coated, about 1-2 minutes. Season with salt and pepper to taste. Add nutmeg if using.
3. Add vegetable stock, so it covers the cauliflower and onions mixture. Add water if needed. Reduce heat to low, cover pot with lid, and let simmer for 25–30 minutes until the cauliflower is very tender.
4. When the cauliflower is well-cooked and tender, blend the soup with a hand-held immersion blender until you obtain a smooth purée.
5. Add the cream and parmesan cheese and continue cooking until warmed through. If the soup is too thick for your liking, you can add some warm water and mix well until you get the desired consistency. Alternatively, you can use a food processor and blend the soup in batches, then put the soup back in the saucepan or soup kettle and warming it up on low heat for a few minutes until heated through.
6. Taste and adjust the seasoning with salt and white pepper to taste.
7. Serve warm.

Nutrition (per serving)

Calories 260, fat 21 g, carbs 16 g, sugars 6 g.
Protein 4 g, sodium 415 mg

Creamy Cauliflower Pasta

Serves 6 | Prep. time 10 minutes | Cooking time 15 minutes

Ingredients

- 1 (16-ounce) package rotini
- 1 medium cauliflower, cut into small florets
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 2 tablespoons all-purpose flour
- ½ cup low-sodium chicken broth
- ½ cup whole milk
- ¼ cup parmesan cheese, grated
- 1 teaspoon dried parsley flakes
- Freshly ground black pepper and kosher salt, to taste

Directions

1. Cook the pasta as directed in salted boiling water until cooked to satisfaction. Drain and set aside.
2. Add the cauliflower florets to a steamer basket. Boil water in a pot over medium-high heat. Arrange the steamer basket over the pot, cover, and steam the florets for 8-10 minutes until softened. Drain the water and dry the florets over paper towels. Let cool completely.
3. In a medium saucepan, melt the butter over medium heat.
4. Add the garlic and cook, stirring frequently, until fragrant, about 30 seconds.
5. Add the flour and stir to combine until no lumps are visible.
6. Add the milk and broth. Cook, stirring regularly, until the mixture thickens, about a few minutes.
7. Add the parsley, parmesan, pepper, and salt. Stir to combine and cook for 2-3 minutes, or until the mixture is creamy.
8. In a large serving bowl, add the cauliflower florets, pasta, and prepared sauce. Combine well before serving.

Nutrition (per serving)

Calories 330, fat 8 g, carbs 61 g,
Protein 14 g, sodium 288 mg

Cauliflower Potato Curry

Serves 4 | Prep. time 15 minutes | Cooking time 40 minutes

Ingredients

- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 1 large piece ginger, peeled and grated
- 3 garlic cloves, finely chopped
- ½ teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon curry powder or to taste
- 1 ¼ cups chopped tomatoes
- ½ teaspoon granulated sugar
- 1 head cauliflower, cut into florets
- 2 white potatoes, cut into chunks
- 1 small green chili, cored and halved lengthwise
- Lemon juice, to taste
- A handful of cilantro, roughly chopped
- Pita/naan bread and natural yogurt, to serve

Directions

1. In a medium saucepan or skillet, heat the oil over medium heat.
2. Add the onion and cook, stirring regularly, until softened and translucent, about 8-10 minutes.
3. Add the garlic, ginger, cumin, turmeric, and curry powder. Cook, stirring regularly, until fragrant, about 1 minute.
4. Add the tomatoes and sugar. Stir well.
5. Add the potatoes, cauliflower, chili, cumin, and curry powder. Stir to combine.
6. Turn heat to medium-low, cover, and simmer for about 30 minutes, stirring in between, until vegetables turn tender. Add some water if the mixture is too thick.
7. Discard the chili and mix in the lemon juice.
8. Serve with chopped cilantro on top and pita bread on the side. Optionally, you can top it with a dollop of yogurt.

Nutrition (per serving)

Calories 212, fat 8 g, carbs 26 g,
Protein 11 g, sodium 151 mg

Cauliflower Choco Mousse

Serves 4 | Prep. time 10 minutes | Cooking time 5 minutes

Ingredients

- 1 ¼ cups cauliflower florets
- 2 ounces dates, pitted
- ¼ cup cacao powder
- ½ cup whole milk
- 2 ounces honey

Directions

1. Boil water in a saucepan over medium-high heat. Take it off the heat, add the cauliflower florets, and set aside for 5 minutes or until softened. Drain the water and dry the florets over paper towels.
2. In a food processor or blender, add the florets and all the other ingredients. Pulse until you are smooth and rich. Add more honey if needed.
3. Pour over ramekins and serve immediately.

Nutrition (per serving)

Calories 135, fat 2 g, carbs 31 g,
Protein 4 g, sodium 34 mg

***These recipes and more are found in Louise Davidson's *Cooking with Cauliflower: Family-Friendly Nutritious Cauliflower Recipes from Breakfast to Dessert*. To get your own copy, click on the cover below or click [here](#).

