

CAULIFLOWER

Rice

Ingredients:

- Cauliflower, ½" pieces, raw: 4 cups

Directions:

- Rinse cauliflower under cool water and pat dry
- Using a food processor:
 - o Cut the cauliflower into large pieces
 - o Use the shredding blade, transfer the cauliflower to the food processor
 - o Do not fill the food processor more than ¾ full; maybe require batches
- Using a cheese grater: grate to desired texture

Nutrition:

- Number of servings: 4
- Serving size: 1 cup
- Fat per serving: 0.1g
- Net Carbohydrates per serving: 3.0g

Pizza

Ingredients:

- Cauliflower, riced, raw: 2 cups
- Mozzarella cheese, whole milk: ½ cup
- Egg, large: 1

Directions:

- Preheat oven to 400F
- Line baking sheet with parchment paper
- Cook cauliflower in a pan until soft
- Place cauliflower between towels or use cheese cloth to extract excess moisture
- Set cauliflower in a bowl with the cheese and egg; combine well
- Transfer to the center of the baking sheet and spread into circle
- Bake for 20 minutes
- Add desired toppings and bake an additional 10 minutes

Nutrition:

- Number of servings: 2
- Serving size: 1 cup
- Fat per serving: 9.1g
- Net Carbohydrates per serving: 3.9g

Tater Tots

Ingredients:

- Cauliflower, riced, raw: 2 cups
- Cheddar cheese, shredded: 1/3 cup
- Parmesan cheese: 1/4 cup
- Almond flour: 2 tablespoons
- Egg, large: 1

Directions:

- Preheat oven to 400F
- Spray mini muffin pan with non-stick spray
- Place cauliflower in microwave safe bowl; cover and microwave for 2 minutes on high
- Place cauliflower between towels or use cheese cloth to extract excess moisture
- Mix cauliflower, cheddar and parmesan cheese, almond flour in a bowl; combine well
- Add egg and stir until the ingredients are mostly coated with egg
- Use a 1-tablespoon measuring spoon to scoop out rounded spoonfuls of the mixture; place in mini muffin pan
- Bake for 15 minutes
- Carefully turn each cauliflower tot over in the muffin tin and bake for 15 minutes more, or until tots are nicely browned on both sides

Nutrition:

- Servings: 4
- Serving size: 6 tots
- Fat per serving: 7.4g
- Net Carbohydrates per serving: 2.3g

Mashed Cauliflower

Ingredients:

- Cauliflower, 1" pieces, cooked: 4 cups
- Heavy whipping cream: 1/4 cup
- Butter: 2 tablespoons

Directions:

- Using a small bowl and fork: mash to make smooth
- Using a blender/food processor: blend until smooth

Nutrition:

- Number of servings: 4
- Serving size: ~1 cup
- Fat per serving: 11.4g
- Net Carbohydrates per serving: 2.3g

Buffalo Wings

Ingredients:

- Cauliflower, ½" pieces, raw: 2 cups
- Hot sauce: 1/3 cup
- Melted butter: 2 ½ tablespoons
- Garlic powder: 1 teaspoon

Directions:

- Preheat oven to 450F
- Mix the hot sauce, butter and garlic powder
- Coat the cauliflower with the sauce
- Pour the cauliflower onto parchment paper or foil-lined baking sheet
- Bake for 20-25 minutes, or until tender and starting to brown on edge

Nutrition:

- Number of servings: 4
- Serving size: ½ cup
- Fat per serving: 7.4g
- Net Carbohydrates per serving: 2.4g

Hummus

Ingredients:

- Cauliflower, ½" pieces, raw: 3 cups
- Water: 2 tablespoons
- Olive oil: 5 tablespoons
- Garlic cloves: 5
- Tahini paste: 1 ½ tablespoon
- Lemon juice: 3 tablespoons

Directions:

- Combine the cauliflower, water, 2 tablespoons olive oil and 3 garlic cloves in a microwave safe dish
- Microwave for 15 minutes until soft and darkened
- Put cauliflower in blender or food processor; blend
- Add tahini paste, lemon juice, 2 garlic cloves and 3 tablespoons of olive oil; blend in blender or food processor until smooth

Nutrition:

- Number of servings: 15
- Serving size: ¼ cup
- Fat per serving: 5.3g
- Net Carbohydrates per serving: 1.4g