

Fall 2014



Cauliflower Pizza

Serves 2-4

Ingredients

- 1 medium head cauliflower (yield about 3 cups)
- 2 tablespoons whole wheat flour or almond meal
- 1 large egg (beaten)
- 1 tablespoon extra virgin olive oil
- 1/4 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried oregano
- Pizza sauce
- Prepared toppings of choice

Instructions

1. Preheat oven to 450° F.. Place a baking sheet or pizza stone in the oven. Brush a sheet of parchment paper with olive oil and place on top of a cutting board.
2. Cut the cauliflower into florets, then pulse in a food processor until it is ground.
3. Cook ground cauliflower by steaming or microwaving in a small amount of water and covered for about 4 minutes. Drain cooked cauliflower and allow to cool. When cauliflower is cool, place onto a kitchen towel. Wring out as much water as possible.
4. In a large bowl, combine cauliflower with remaining ingredients and mix well. Shape into a pizza crust on the oiled parchment paper. Slide the parchment paper and crust onto the preheated cookie sheet or pizza stone in the oven. Bake 12-16 minutes, or until very golden brown on top.
5. Spread pizza sauce over the crust, or try an alternative sauce such as pesto, barbeque sauce, or buffalo wing sauce. Top with desired toppings and serve, or if using cheese, place under the broiler until cheese is melted.



Pizza topping ideas:

Sauteed peppers or onions, broccoli, tomatoes, artichoke hearts, mushrooms, spinach, grilled chicken, fresh basil

Brussels Sprouts Chips

Serves 4

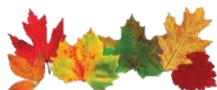
Ingredients

- 1 lb. Brussels sprouts
- 1 tablespoon olive oil
- Salt & pepper to taste

Instructions

1. Preheat oven to 400° F.
2. Cut off the stems of the brussels sprouts and peel off the leaves. Cut off a little more of the stem to continue removing the leaves until you get to the tight and light-colored leaves in the center. Reserve these cores for another recipe, or try cutting them in half, tossing with olive oil, and roast after you bake the chips.
3. Toss leaves with olive oil and use your hands to rub the oil into the leaves. Season with salt and spread leaves evenly in a single layer on a baking sheet, using 2 baking sheets if necessary.
4. Bake 10-15 minutes, stirring every few minutes. Remove from oven when sprouts reach desired level of caramelization. Serve immediately.





Roasted Squash with Lemon-Tahini Sauce

Serves 6

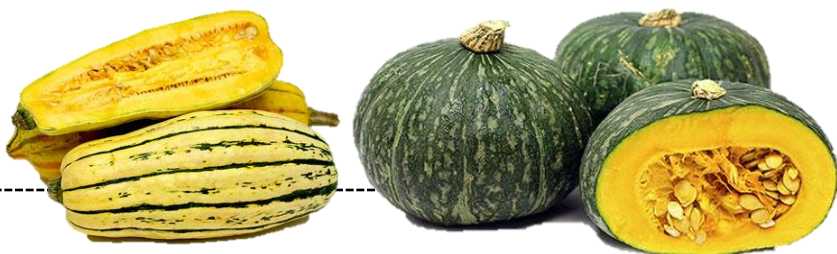
Ingredients

- 1 small kabocha squash, scrubbed, cut into 1-inch wedges, seeded
- 1-pound delicata squash, scrubbed, cut into 1-inch wedges, seeded
- 7 tablespoons extra virgin olive oil
- 1 teaspoon ground cumin
- 4 scallions, cut into 2-inch pieces
- 2 tablespoons lemon juice
- 1 tablespoon tahini
- Salt and pepper to taste

Instructions

1. Preheat oven to 425° F. Place squash on baking sheet and toss with 3 tablespoons olive oil and cumin. Sprinkle with salt and pepper. Roast for 15 minutes
2. Toss scallions with 1 tablespoon olive oil, then scatter over squash and continue to roast until squash is tender but not mushy, about 15 minutes.
3. Meanwhile, whisk lemon juice, tahini, and 1 tablespoon water in a small bowl to blend. Gradually whisk in remaining 3 tablespoons oil. Season to taste with salt and pepper.
4. Transfer squash to a platter. Drizzle with tahini sauce.

Tip: You can replace the kabocha with a large acorn squash



Butternut Squash, Sweet Potato & Apple Hash

Serves 6-8

Ingredients

- 1 medium butternut squash
- 2 small sweet potatoes, diced into ½-inch pieces
- Olive oil
- 2 medium apples, chopped
- ¼ cup pecans, roughly chopped
- ½ medium yellow onion, diced
- 2 Tbsp fresh sage, minced
- Salt and pepper to taste

Instructions

1. Preheat oven to 400° F.
2. Peel butternut squash, cut in half lengthwise, and scoop out seeds. Dice into ½-inch pieces. Toss with sweet potatoes and oil and place on a baking sheet in a single layer. Bake until soft to the touch, about 20 minutes.
3. Meanwhile, heat olive oil in large skillet over medium heat. Add onion and cook until it starts to turn light brown. Add apples and sage, then roasted butternut squash and sweet potatoes.
4. Continue cooking until everything is heated through, about 2-3 minutes. Add pecans and season with salt and pepper to taste.

You can also prepare the entire dish in **one pan!** Add the sweet potatoes and squash to the pan after the onions, stirring occasionally, and add the apples and sage when the veggies are just about done cooking.

Add or omit any ingredients!
Additional options:
Brussels sprouts, leeks, jicama, dried cranberries, dried figs, rosemary, or thyme.

