

Sesame Cauliflower Wings

Vegan. Allergens: Sesame, soy, wheat (but can be made wheat-free).

Ingredients

- 1 medium head cauliflower
- ⅓ cup whole wheat flour
- ⅓ cup all purpose flour
- ½ teaspoon salt
- ½ teaspoon garlic powder

For sauce

- ⅓ cup reduced sodium tamari or soy sauce
- ¼ cup tomato paste (double concentrated)
- 2 tablespoons maple syrup
- 1 tablespoon sesame oil
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, minced

Garnish

- 1 stalk green onion, thinly sliced
- 1 tablespoon sesame seeds

Instructions

1. Preheat oven to 450°F. Line a baking sheet with parchment paper or a silicone mat.
2. Separate cauliflower into small to medium florets, cutting off the stems if desired.
3. In a medium bowl, combine flours, ¾ cup water, salt, and garlic powder. Stir until smooth and add more liquid as needed to reach a batter consistency. It should be thick enough to coat the back of a spoon but thin enough to drip off in a stream.
4. Dip each floret in the batter, shaking off the excess. You can also rub your hand over the floret to help wipe away some of the excess batter. Place the dipped florets onto the baking sheet, leaving some space between each one.
5. Bake for 10-13 minutes or until batter becomes drier and harder. Meanwhile, combine remaining ingredients except green onion and sesame seeds to make the sauce. The sauce should be the consistency of a slightly thinner barbecue sauce.
6. Increase oven temperature to 500°F.
7. Use a flat spatula to loosen cauliflower from the baking sheet. Dip florets into the sauce, shaking off the excess, and place on the baking sheet again. Reserve leftover sauce.
8. Bake for 10-12 minutes, or until tender and sauce begins to brown slightly. Dab cauliflower with remaining sauce. Remove from oven and garnish with green onion and sesame seeds.

Serves 4

Sauce Ideas

Ideas for other sauces include buffalo, teriyaki, or gochujang.

Allergen Notes

To make this recipe wheat-free and gluten-free, do not batter the cauliflower – just toss with 2 tablespoons of oil and roast it. Be sure to also use gluten-free tamari or soy sauce.

To make this recipe sesame-free, replace the sesame oil with other oil and omit the sesame seeds.



Cream of Asparagus Soup with Gremolata

Vegan. Allergens: Wheat (but can be made wheat-free)

Serves 4

Ingredients

- 2 tablespoons canola or grapeseed oil
- ½ medium yellow onion, diced
- 4 cloves garlic, minced
- 1 bunch asparagus, ends trimmed and chopped
- 1 ¾ cup white beans (or 15 ounce can, rinsed and drained)
- 3 cups vegetable broth
- 1 tablespoon nutritional yeast (optional)
- 2 cups spinach, organic preferred
- 1 lemon (organic preferred)
- 1 teaspoon salt or to taste
- 1 teaspoon Italian seasoning
- ½ teaspoon black pepper

Gremolata

- ¼ cup fresh parsley, minced
- 3 tablespoons bread crumbs
- 1 clove garlic, finely minced (or to taste)
- Zest of 1 lemon, reserved from soup

Instructions

1. Heat oil in a stock pot over medium heat.
2. Add onions and cook until they start to become translucent, about 3 minutes, stirring occasionally. Add garlic, then asparagus, beans, broth, and nutritional yeast.
3. Bring to a simmer and adjust heat to maintain a simmer for about 5 minutes, or until asparagus is bright green and tender. Add spinach and stir. Remove from heat.
4. Meanwhile, zest the lemon and set aside for the gremolata, then juice the lemon and set aside.
5. To the soup, add 1 tablespoon lemon juice, salt, Italian seasoning, and pepper. Use an immersion blender to blend until smooth, or let cool and puree in a blender until smooth. Adjust seasonings to taste.
6. To make gremolata, mix together all ingredients in a small bowl. Use as a topping for the soup..

Variations

- Asparagus can be roasted rather than cooked in the pot, then pureed once remaining ingredients have been added.
- Green peas can be substituted for white beans for a different flavor and color.
- Croutons or savory granola can be used as a topping rather than gremolata.
- Extra gremolata (without bread crumbs) can be saved as a topping for rich protein foods, or combined with olive oil to make a sauce or marinade.
- Other herbs can replace or be added along with parsley in the gremolata.

