



EatingWell **Healthy** **Cauliflower** **Recipes**

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Cheddar Cauliflower Soup

Makes: 8 servings, 1 cup each

Active time: 35 minutes **Total:** 35 minutes

☐ Heart Health ☒ Diabetes ☐ Weight Loss ☒ Gluten Free

Start your meal off with a bowl of this satisfying, easy cheesy cauliflower soup.

- 2 tablespoons extra-virgin olive oil
- 2 large leeks, white and light green parts only, thinly sliced and rinsed
- 4 cups chopped cauliflower florets (from 1 medium head)
- 2½ cups low-fat milk, divided
- 2 cups water
- 1 bay leaf
- 1 teaspoon salt
- ½ teaspoon white or black pepper
- 3 tablespoons all-purpose flour
- 1½ cups shredded extra-sharp Cheddar cheese
- 1 tablespoon lemon juice

1. Heat oil in a large saucepan over medium heat. Add leeks and cook, stirring, until very soft, about 5 minutes. Add cauliflower, 2 cups milk, water, bay leaf, salt and pepper. Bring to a boil over medium-high heat, stirring often. Reduce heat to a simmer, cover and cook, stirring occasionally, until the cauliflower is soft, about 8 minutes.

2. Meanwhile, whisk the remaining ½ cup milk and flour in a small bowl. When the cauliflower is soft, remove the bay leaf and stir in the milk mixture. Cook over medium-high heat, stirring, until the soup has thickened slightly, about 2 minutes more. Remove from the heat. Stir in cheese and lemon juice.

Per serving: 186 calories; 11 g fat (5 g sat, 3 g mono); 27 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 10 g protein; 2 g fiber; 488 mg sodium; 198 mg potassium.

Nutrition bonus: Vitamin C (45% daily value), Calcium (27% dv), Vitamin A (15% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, ½ low-fat milk, 1 high-fat meat

Roasted Lemon-Parmesan Cauliflower with Capers

Makes: 4 servings, about 1 cup each

Active time: 15 minutes **Total:** 40 minutes

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Roasted cauliflower and lemon segments tossed with Parmesan and capers makes an easy side dish. Pair it with roast chicken.

1 lemon

1 large head cauliflower, trimmed and cut into bite-size florets

2 tablespoons extra-virgin olive oil

¼ teaspoon salt

¼ teaspoon freshly ground pepper

½ cup finely shredded Parmesan cheese, plus more for garnish

2 tablespoons capers, rinsed

1. Position rack in lower third of oven; pre-heat to 450°F. Coat a large rimmed baking sheet with cooking spray.

2. With a sharp knife, remove skin and white pith from lemon and discard. Working over a small bowl, cut the lemon segments from their surrounding membranes, letting the segments drop into the bowl. Drain the juice from the segments.

3. Toss the lemon segments, cauliflower, oil, salt and pepper on the baking sheet and spread evenly. Roast until starting to soften and brown, stirring once halfway through, 25 to 30 minutes.

4. Sprinkle Parmesan and capers over the cauliflower; stir to combine. Serve garnished with more Parmesan, if desired.

Per serving: 164 calories; 10 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 8 g protein; 5 g fiber; 424 mg sodium; 675 mg potassium.

Nutrition bonus: Vitamin C (187% daily value), Folate (32% dv), Potassium (19% dv), Calcium (18% dv).





Skillet Cauliflower Gratin

Makes: 4 servings, about 1 cup each

Active time: 30 minutes **Total:** 30 minutes

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Nonfat milk and a bit of sharp Cheddar combine to make a rich sauce without all the butter usually found in gratins.

4 cups 1-inch cauliflower florets (about ½ large head)

1½ cups nonfat milk, divided

¼ teaspoon salt

½ cup dry breadcrumbs, preferably whole-wheat

¾ cup shredded sharp Cheddar cheese, divided

½ teaspoon extra-virgin olive oil

2 tablespoons all-purpose flour

1 tablespoon chopped fresh chives

1 teaspoon Dijon mustard

¼ teaspoon white pepper

1. Position rack in upper third of oven; pre-heat broiler.

2. Bring cauliflower, 1 ¼ cups milk and salt to a boil in a large ovenproof skillet over medium-high heat. Reduce heat, cover and simmer until the cauliflower is tender, about 5 minutes.

3. Meanwhile, combine breadcrumbs, ¼ cup cheese and oil in a small bowl. Whisk flour and the remaining ¼ cup milk in another small bowl until smooth; stir the mixture into the pan and cook, stirring, until thickened, about 1 minute. Stir in the remaining ½ cup cheese, chives, mustard and pepper. Sprinkle with the breadcrumb mixture. Broil until the top is crispy and beginning to brown, 1 to 2 minutes.

Per serving: 185 calories; 8 g fat (5 g sat, 2 g mono); 24 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 11 g protein; 2 g fiber; 366 mg sodium; 314 mg potassium.

Nutrition bonus: Vitamin C (35% daily value), Calcium (30% dv).

Carbohydrate servings: 1

Exchanges: ½ starch, 1 vegetable, 1 high-fat meat

Balsamic & Parmesan Roasted Cauliflower

Makes: 4 servings, about 1 cup each

Active time: 10 minutes **Total:** 35 minutes

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Roasting isn't usually the first cooking method you think of for cauliflower but the results are quite delicious. The florets are cut into thick slices and tossed with extra-virgin olive oil and herbs. Wherever the flat surfaces come into contact with the hot roasting pan, a deep browning occurs that results in a sweet, nutty flavor.

- 8 cups 1-inch-thick slices cauliflower florets (about 1 large head; see *Tip*)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- $\frac{1}{4}$ teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- $\frac{1}{2}$ cup finely shredded Parmesan cheese

1. Preheat oven to 450°F.

2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Per serving: 149 calories; 10 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 7 g protein; 4 g fiber; 364 mg sodium; 490 mg potassium.

Nutrition bonus: Vitamin C (120% daily value), Folate (22% dv), Calcium (15% dv).

Carbohydrate servings: $\frac{1}{2}$

Exchanges: 1 vegetable, $\frac{1}{2}$ lean meat, $1\frac{1}{2}$ fat

Tip: To prepare florets from a whole head of cauliflower, remove outer leaves. Slice off the thick stem. With the head upside down and holding a knife at a 45° angle, slice into the smaller stems with a circular motion—removing a “plug” from the center of the head. Break or cut florets into the desired size.





Creamy Chopped Cauliflower Salad

Makes: 6 servings, about 1 cup each

Active time: 15 minutes **Total:** 15 minutes

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Caraway and cauliflower are a match that brings to mind wursts, kraut and foamy, cold mugs of beer. Alas, not everyone loves that caraway flavor so leave out the caraway seeds if you prefer—the salad’s wonderful either way.

Whisk mayonnaise, vinegar, shallot, caraway seeds (if using) and pepper in a large bowl until smooth. Add cauliflower, romaine and apple; toss to coat.

Per serving: 54 calories; 2 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 2 g protein; 2 g fiber; 128 mg sodium; 257 mg potassium.

Nutrition bonus: Vitamin C (53% daily value), Vitamin A (22% dv), Folate (15% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, ½ fat

- 5 tablespoons reduced-fat mayonnaise
- 2 tablespoons cider vinegar
- 1 small shallot, finely chopped
- ½ teaspoon caraway seeds (optional)
- ¼ teaspoon freshly ground pepper
- 3 cups chopped cauliflower florets (about ½ large head)
- 2 cups chopped heart of romaine
- 1 tart-sweet red apple, chopped

Curried Whole Cauliflower

Makes: 4 servings

Active time: 10 minutes **Total:** 20 minutes

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In this quick three-ingredient recipe you coat a whole head of cauliflower with mayonnaise and curry paste, then cover and cook it in the microwave. The results are amazing! Try it with any type of curry paste.

1 large head cauliflower

½ cup low-fat mayonnaise

2 tablespoons curry paste

1. Remove leaves from cauliflower and trim the woody core. Place the whole head in a microwave-safe glass bowl large enough to hold it.

2. Mix mayonnaise and curry paste in a small bowl. Spread the mixture evenly over the cauliflower.

3. Cover the bowl with a microwave-safe plate. Microwave on High until tender, 6 to 9 minutes. Let stand, covered, for 2 minutes more. To serve, cut into 4 portions or break into bite-size pieces.

Per serving: 103 calories; 6 g fat (1 g sat, 1 g mono); 8 mg cholesterol; 12 g carbohydrate; 1 g added sugars; 2 g protein; 2 g fiber; 404 mg sodium; 271 mg potassium.

Nutrition bonus: Vitamin C (72% daily value).

Carbohydrate servings: 1

Exchanges: 1 vegetable, 1 fat





Cauliflower with New Mornay Sauce

Makes: 8 servings

Active time: 30 minutes **Total:** 1 hour

To make ahead: Prepare through Step 3; cover and refrigerate the sauce and steamed cauliflower separately for up to 1 day.

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A topping of Mornay sauce is a delicious treatment for numerous vegetables: broccoli, asparagus, fennel, Belgian endive, to name a few. In our revised version, we have replaced some of the high-fat cheeses and cream with low-fat cottage cheese, which contributes a rich dairy flavor without the fat. Even children will eat cauliflower prepared this way.

- 1 head cauliflower (about 1¼ pounds), cut into large florets**
- 1¼ cups nonfat milk, divided**
- 3 tablespoons all-purpose flour**
- ½ cup low-fat cottage cheese**
- ½ cup shredded Swiss cheese, preferably Gruyère**
- ¼ teaspoon salt**
- ¼ teaspoon freshly ground black or white pepper**
- 3 tablespoons freshly grated Parmesan cheese**
- 1½ tablespoons unseasoned fine dry breadcrumbs**

1. Set rack in upper portion of oven; preheat to 375°F. Coat a shallow 2-quart baking or gratin dish with cooking spray.

2. Place cauliflower florets in a steamer basket over boiling water, cover and steam until tender but not soft, 5 to 7 minutes. (*Alternatively, place florets in a microwave-safe bowl with ¼ cup water, cover and microwave on High for 1 to 3 minutes.*) Refresh under cool water and set aside.

3. Scald 1 cup milk in a medium heavy saucepan over medium heat. Stir together flour and the remaining ¼ cup cold milk in a small bowl to make a smooth paste. Stir into the hot milk mixture and cook, stirring constantly, until thickened, about 3 to 4 minutes. Remove from the heat and whisk in cottage cheese, Swiss cheese, salt and pepper. Transfer sauce to a food processor or blender and puree until smooth.

4. Spread one-third of the sauce in prepared baking dish. Arrange the steamed cauliflower over it and top with the remaining sauce. Sprinkle with Parmesan and breadcrumbs. Bake until golden brown and bubbly, about 30 minutes.

Per serving: 91 calories; 3 g fat (2 g sat, 1 g mono); 9 mg cholesterol; 10 g carbohydrate; 8 g protein; 2 g fiber; 222 mg sodium; 307 mg potassium.

Nutrition bonus: Vitamin C (56% daily value), Calcium (15% dv).

Carbohydrate servings: ½

Exchanges: 1 vegetable, 1 lean meat

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)