

# The DISH



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Cauliflower always has been one of my favorite vegetables. But then there aren't too many that I don't like. I'm one of those who actually prefers vegetables over fruits. And, thank goodness, I'm a huge fan of cauliflower because there are so many different ways to use it, such as in a pizza crust which happens to be one of my favorites. I've also made cauliflower bread sticks, cauliflower grilled cheese, used cauliflower in place of pasta for spaghetti, mashed cauliflower and I've used it in many other ways. But I'm always looking for new ways to transform this low-carb, nutrient-packed veggie into something delicious.

## Baked Cauliflower Tots

2 medium heads cauliflower, cut into florets  
¼ cup small, diced onion  
¼ cup grated Parmesan cheese  
¼ cup finely ground bread crumbs  
1 large egg

Preheat the oven to 350 degrees. Liberally grease a nonstick baking sheet with cooking spray.

Bring a large pot of salted water to a boil. Add the cauliflower florets to the water and cook them just until fork tender, 5 to 10 minutes. Thoroughly drain the florets and transfer them to a food processor. Pulse the cauliflower for a few seconds just until it breaks down into small pieces (about the size of grains of rice). (Do not over-mix the cauliflower, or the mixture will be too wet to form.)

Measure out 3 packed cups of the cauliflower and add it to a large bowl. Stir in the diced onion, Parmesan cheese, bread crumbs, egg, 1 tsp. salt and ¼ tsp. pepper, mixing until thoroughly combined. (The mixture should be roughly the consistency of mashed potatoes.) Using your hands, scoop up 1-to-2 Tbsp. of the mixture and mold it into a Tater Tot shape. Place it on the prepared baking sheet and repeat the shaping process with the remainder of the mixture, spacing the tots about 1-inch apart.

Bake the tots for about 20 minutes then flip them and bake an additional 10 to 15 minutes until crisp. Remove and serve with ketchup, pesto, hummus or your preferred dipping sauce.

## Honey Garlic Baked Cauliflower

1 small head of cauliflower, cut into bite-sized florets  
2 cups panko bread crumbs  
Cooking oil spray  
2 large eggs, whisked

2 scallions, finely sliced

SAUCE:

6 Tbsp. honey  
4 garlic cloves, minced  
1 tsp. onion powder  
6 Tbsp. water + 2 tsp. cornstarch  
1½ Tbsp. low sodium soy sauce  
½ Tbsp. sriracha sauce

Preheat oven to 350 degrees. Line a large baking sheet with parchment paper. Spread panko crumbs in a thin even layer across the surface of the baking sheet. Spray panko crumbs with cooking oil spray. Bake crumbs about 5-7 minutes or until golden brown.

Set whisked eggs aside in a small bowl. Line another large baking sheet with parchment paper. Dip cauliflower in egg mixture and then shake a few times so that excess egg drips off. You don't want to dampen your bread crumbs with excess egg because then they won't stick to the cauliflower. Then place into sheet with panko crumbs. Cover cauliflower with panko, pressing the crumbs gently against the cauliflower to help them stick. Place coated cauliflower on empty prepared baking sheet. Repeat until all cauliflower is coated.

Bake for about 15-20 minutes or until cauliflower is cooked and the coating is a dark golden brown.

While the cauliflower is cooking, make sauce on the stove. In a small bowl, completely dissolve cornstarch in water and set aside. Add all sauce ingredients, except the cornstarch plus water, to a small pot or saucepan. Bring to a gentle simmer and stir a few times until ingredients are mixed. This should only take a few seconds. Then add cornstarch water to the sauce. Stir immediately to dissolve cornstarch into the sauce. Stir occasionally and let sauce come to a simmer (make sure to stir, otherwise the

cornstarch will clump up) and cook until sauce starts to thicken (about 2 minutes).

Allow sauce to cool a few minutes and thicken even more. Drizzle over cauliflower. If you wish to completely coat cauliflower in sauce, it's best to double the sauce and brush it on with a pastry brush. Garnish with scallions.

## Cauliflower and Ground Beef Hash

16 oz. bag frozen cauliflower, defrosted and drained  
1 lb. lean ground beef  
2 cups cheddar cheese  
1 tsp. garlic powder  
Salt and pepper to taste

Brown the ground beef over medium heat and drain the grease. Add it back to the pan along with the cauliflower, garlic, salt and pepper. Cook and stir until cauliflower is tender.

Add cheddar cheese on top of the cauliflower and beef mixture. Turn heat to low, cover pan with a lid and allow cheese to melt.

## Bacon Cheeseburger Cauliflower Casserole

1 head cauliflower, or about 6 cups florets, or 4 cups cauliflower rice  
1/3 cup coconut flour, or choice flour  
¼ tsp. salt  
6 oz. uncured bacon  
1½ lbs. ground beef or turkey  
1 tsp. onion powder  
1 tsp. oregano  
1 tsp. garlic powder  
1 tsp. salt  
½ tsp. pepper  
SAUCE:  
1 Tbsp. butter  
1 Tbsp. coconut flour, or choice  
1½ cups heavy cream  
2 Tbsp. yellow mustard  
8 oz. sliced cheddar cheese

Steam the cauliflower until fork tender. Skip this step if using cauliflower rice. Place into a food processor and pulse until it resembles rice. Skip this step if using cauliflower rice. Thaw if using frozen rice and then follow the rest of the directions. Set aside in a bowl to cool, then add the flour and salt and mix well.

Cook the bacon in a large skillet until moderately cooked, but not crisp. Remove bacon with a slotted spoon to keep bacon juice in skillet. Transfer bacon to a paper towel-lined plate to cool. Once cool chop into pieces.

Add the ground beef to the same skillet and cook until browned. Add the onion powder, oregano, garlic powder, salt, pepper and mix

well. Remove the beef with a slotted spoon and transfer to a bowl. Preheat oven to 350 degrees.

For the sauce: Add the butter to the same skillet and stir in the flour over low heat. Cook until the flour has absorbed the butter, then add heavy cream and mustard. Continue to cook on low heat until the sauce thickens.

Assembly: Place ½ cup of the sauce to the bottom of a 9-by-13-inch baking dish. Spread the cauliflower mixture on the spread as evenly as possible. Place 4 oz. of sliced cheddar over the cauliflower. Spread the ground beef over the cheddar slices evenly. Pour half of the remaining sauce over the beef. Place the remaining cheddar slices over the sauce. Pour the remaining sauce over the top and sprinkle with bacon. Cover and bake 30 minutes. Uncover and bake an additional 5 minutes. Allow to cool out of the oven for 15-20 minutes before slicing and serving.

## Cheesy Cauliflower Bread Sticks

4 cups cauliflower rice, about 1 large head of cauliflower  
4 eggs  
2 cups mozzarella cheese, or a Tex Mex blend  
3 tsp. oregano  
4 cloves garlic, minced  
Salt and pepper to taste  
1 cup mozzarella cheese, or more, for topping

Preheat oven to 425 degrees. Prepare 2 pizza dishes or a large baking sheet with parchment paper.

Make sure your cauliflower is roughly chopped in florets. Add the florets to your food processor and pulse until cauliflower resembles rice.

Place the cauliflower in a microwavable container and cover with lid. Microwave for 10 minutes. Let the cauliflower cool just until there's no more steam coming from it. Place the microwaved cauliflower in a large bowl and add the eggs, 2 cups of mozzarella, oregano, garlic, salt and pepper. Mix everything together.

Separate the mixture in two and place each half onto the prepared baking sheets and shape into either a pizza crust, or a rectangular shape for the bread sticks.

Bake the crust (no topping yet) for about 25 minutes or until nice and golden. Don't be afraid — the crust is not soggy at all. Once golden, sprinkle with remaining mozzarella cheese and put back in the oven for another 5 minutes or until cheese has melted. Slice and serve.