

The Best Cauliflower Recipes

Eating healthier can seem overwhelming when you first start making changes to your diet. However, learning to modify your favorite meals with new ingredients allows you to explore more foods without sacrificing the flavors you love. Cauliflower is a great way to upgrade your meals by increasing your vegetable intake while still enjoying the meals you look forward to making.

As cauliflower has a mild flavor, you can easily substitute cauliflower for chicken, pasta, potatoes, rice, or add it in with your favorite recipes to give more volume and nutrients to your dishes. Here are three recipes that show the versatility of cauliflower.

Baked Cauliflower Wings

Love chicken wings but need a healthier choice for game day or a party? Cauliflower wings are a fantastic substitute for chicken wings without sacrificing crunch or flavor.

Ingredients:

1 head of cauliflower, washed, and stem removed.
2 cups of flour.
2 cups of water.
 $\frac{3}{4}$ cup panko breadcrumbs.
 $\frac{3}{4}$ - 1 cup of sauce for flavor.

Instructions:

Preheat the oven to 400° degrees Fahrenheit.

Line a baking sheet with parchment paper.

In a mixing bowl, combine water and flour until smooth, or the consistency of pancake batter.

In a separate bowl, add breadcrumbs.

In another bowl, add your preferred sauce (buffalo, bbq, teriyaki).

Place cauliflower on a chopping board.

Chop off the stem and leaves.

Cut out the interior stalk to separate cauliflower into wing-size pieces.

Dip each cauliflower wing into the flour/water mixture until coated. Let excess mixture drip back into the bowl.

Move the dredged cauliflower wing into the breadcrumbs and coat.

Place cauliflower wings on a parchment-lined baking sheet.

Repeat until all of the wings are coated in the flour mixture and breadcrumbs.

Bake cauliflower wings at 400° degrees Fahrenheit for 20 minutes, or until golden brown.

Remove wings from the oven to cool slightly.

Toss wings in sauce until coated.

Return the wings to the baking sheet and return to the oven.

Bake for 10 minutes, until sauce has baked into the breadcrumbs.

Serve finished cauliflower wings with dip.

Notes:

For gluten-free wings, swap the all-purpose flour for almond flour.

Sauce amount can vary depending on the size of your head of cauliflower.

To add additional flavor to the wings, add salt, pepper, garlic powder, and finely grated parmesan cheese to the cauliflower batter.

Cauliflower Taco Casserole

This taco-inspired cauliflower casserole dish is flavorful, weeknight-friendly, and easy to customize. Use this dish to try new flavor combinations.

Ingredients:

2 heads of cauliflower, washed, and chopped.
2 Tablespoons of olive oil.
2 cups of shredded cheddar cheese.
½ cup Mexican blend cheese.
1 lb ground turkey.
3-4 vine ripe tomatoes (you can use canned whole or diced tomatoes in a pinch).

Optional Ingredients:

½ white onion chopped.
1 jalapeno pepper, deseeded and diced.

Instructions:

Add cauliflower to the baking dish and toss with olive oil.

Brown ground turkey on stovetop while cauliflower is roasting. Add onions to the pan and saute until the turkey is fully cooked and the onions are translucent.

Drain fat from the turkey mixture.

Season turkey with cumin, garlic powder, paprika, onion powder, salt, and pepper. Alternately, use a taco seasoning packet per packet directions.

Roast cauliflower at 400° degrees Fahrenheit for 15-20 minutes or until it is almost fork tender.

Add tomatoes, seasoned beef, jalapenos, cheese, and beef to the baking dish.

Bake at 400° F for about 15 minutes or until the cheese is bubbling and the tomatoes are tender.

Mashed Cauliflower

Mashed potatoes are a popular side dish for a good reason, too—they're warm, filling, and tasty. Mashed cauliflower allows you the taste of mashed potatoes with less calories.

Ingredients:

2 heads of cauliflower, washed, and chopped.

2 tsp garlic powder or 1 teaspoon minced garlic.

1 cup of milk (or reserve the water from cooking to substitute for a lighter dish).

4 oz of butter, divided.

Instructions:

Steam cauliflower until fork-tender, about 10 minutes.

Transfer cauliflower to a food processor.

Add the garlic, butter, and milk to the food processor.

Process ingredients until smooth.

Serve with your favorite main dish.

Optional:

Sprinkle shredded parmesan cheese on top of your mashed cauliflower.

Mashed cauliflower can be as simple or diverse as you desire.

Get Creative With Cauliflower Today!

These are just a few examples of how you can make cauliflower into an appetizer, main dish, or side dish. There are endless ways to experiment with cauliflower in your meals.

Add cauliflower to a veggie-friendly dish, like stir fry. Or, you could even add cauliflower and other whole foods to your meals for refreshing and healthy food options. But, no matter how you choose to prepare them, Cauliflower is a great-tasting and nutritionally-dense way to really elevate your diet!