



Magical Mushrooms & Crazy Cauliflower



Riced Cauliflower w/Tofu

Ingredients:

1 Medium Head Cauliflower, Cone #2
1 lb. Firm Tofu, Pressed & Drained
1 tbsp Ginger, Cone #1
3 Cloves Garlic, Cone #1
1/4 C. Onion, Cone #2
1 C. Carrots, Cone #2
3 Celery Stalks, Cone #4
3 tbsp Cashews
3 tbsp Soy Sauce
1/8 tsp Turmeric
Sesame Seeds, for garnish

Directions:

1. Press and drain tofu. Lightly scramble with turmeric in bowl and set aside.
2. Cut cauliflower, celery and carrots and set aside.
3. Heat garlic, onion and ginger in saucepan on medium until just golden and fragrant. Add tofu, carrots, celery and cauliflower.
4. Cook on medium until vapo-valve clicks, reduce to low and cook for 10-15 min until tender then add cashews and soy sauce. Garnish and serve.

Lentil Cauliflower Tacos

Ingredients:

--Homemade Taco Seasoning: 1 Tbsp Chili powder,
1 Tbsp Cumin, 1/2 tsp Paprika, 1/2 tsp Salt, 1/2 tsp
Garlic Powder, 1/2 tsp Dried Onion, 1/2 tsp dried
Oregano, 1/2 tsp Black Pepper
1 cup Cauliflower florets, chopped small
1 cup chopped Romaine lettuce
1 small Onion, diced small
4 cloves Garlic, minced
1 cup dried Lentils
2 1/2 cups veggie broth
12 corn tortilla shells
1 large tomato, diced
1 Avocado, diced
1/2 cup Salsa

Directions:

1. Add lentils, cauliflower, garlic, broth and taco seasoning to a 3 qt saucepan and stir.
2. Cover and turn to medium. Once vapo-valve clicks reduce heat to low and cook for 25 minutes until lentils are tender.
3. Portion finished lentil mix on a soft corn tortilla shell and top with tomatoes, lettuce, salsa and avocado.

Pesto Cauliflower Steaks

Ingredients:

1 Head Cauliflower
1 Jar Dairy-Free Basil Pesto

Directions:

1. Thick slice a head of cauliflower
2. Place steaks in 11" large skillet or mini-braiser. Add 2 TBSP of water. Cover and cook over medium until the vapo-valve clicks.
3. Reduce heat to low and cook for 10-15 mins until fork tender in middle.
4. Remove lid and place in oven.
5. Broil on 550 degrees for about 5 mins until browned on top (all ovens are different! Yours may cook faster so keep an eye on it!)
6. Remove from oven and brush non-dairy pesto sauce on top.

Pan Seared Portobellos

Ingredients:

4 Portobello Mushroom Caps
2 Cloves Garlic, Minced on Cone #1
2 Tbsp Red Wine or Water
2 Tbsp Low Sodium Soy Sauce
1 Tbsp Balsamic Vinegar
1/2 tsp. Dried Oregano

Directions:

1. Place mushroom caps top down in bottom of skillet. Add all ingredients on top.
2. Cover and cook on medium until vapo-valve clicks, reduce to low and cook for 10 minute or until desired tenderness.

Sweet Glazed Mushrooms

Ingredients:

- 3 Tbsp Maple Syrup
- 2 Tbsp Mirin
- 1 Tbsp Soy Sauce
- 1 tsp Cornstarch or Arrowroot
- 16 oz. Baby Bella Mushrooms

Directions:

1. Cut baby Bella's in half or quarters and place in 11" skillet.
2. Add the 3 ingredients and cook on medium-click-low for 5 mins until mushrooms are tender.
3. To thicken sauce dilute 1 tsp cornstarch or arrowroot in 2 Tbsp of water in a separate bowl.
4. Return heat to medium and gently stir in thickener for 2 mins. Remove from heat and let thicken as it cools.

Hungarian Mushroom Soup

Ingredients:

- 2 cups Onions, Cone #2
- 1 lb Mushrooms, Cone #4
- 2 cups Vegetable stock
- 1/2 cup Dry white wine
- 2 tsp Dried dill
- 2 tsp Fresh thyme
- 2 tsp Paprika
- 2 tbsp Soy sauce
- 1 cup Non-Dairy Milk
- 3 tbsp Flour
- 1/4 cup Dairy Free Sour cream
- 2 tbsp Lemon juice
- 2 tbsp Fresh Italian Parsley

Directions:

1. In a 7 quart roaster, sauté onions and mushrooms on medium heat until onions are soft and translucent. Add dill, thyme, paprika, broth,

- soy sauce, and white wine. Cook on medium-low until liquid reduces by half.
2. In a small bowl, whisk flour into non-dairy milk until smooth. Add mixture to the soup and cook on medium until soup begins to thicken.
3. Once vapo-valve clicks, reduce to low then slowly stir in the sour cream and lemon juice until both are completely combined. Garnish the soup with parsley and serve hot!

CAULIFLOWER

facts of **HEALTH**.com

