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## ***Boldly Flavored, Deeply Roasted*** **CAULIFLOWER**

**Naturally Delicious Recipes • Janice Feuer-Haugen**

**A**long with versatility and flavor, cauliflower also brings its superfood pedigree to the table. As a cruciferous vegetable, cauliflower belongs to the same plant family as broccoli, kale, cabbage and collards. Each of these vegetables offers numerous anti-inflammatory benefits as well as support for our cardiovascular and digestive systems.

Cauliflower earns recognition as a superfood by being an excellent source of vitamins B6, C and K along with folate and pantothenic acid. It is also a very good source of dietary fiber, omega-3 fatty acids and manganese. And, along with minimal calories, cauliflower proves to be a good source of vitamins B1, B2 and B3, in addition to protein, niacin and magnesium. Whew, that's a superfood!

### **HISTORICAL CAULIFLOWER**

Botanists have traced cauliflower to a wild cabbage originating in Asia Minor. Many, many transformations later, it reappeared in Turkey and Italy, where it has been an important vegetable since at least 600 BC. It was introduced to Spain in the 12th century and France in the mid 1500s. From there, the rest of Northern Europe and the British Isles also began cultivating cauliflower as an important winter



vegetable.

### **FRESHER MEANS SWEETER**

Cauliflower is at its flavorful best in season from November until May. Some people prefer larger heads of cauliflowers, saying they have more flavor. However, as a gauge for flavor, freshness is more important than size. Healthy green leaves and a compact and unblemished head are signs of freshness and quality. Avoid heads of cauliflower with brown spots or small flowers as these are signs of age.

### **ROASTED & LIGHTLY CHARRED CAULIFLOWER**

Deeply roasting cauliflower enhances its subtle nutty, sweet flavors. Taking a cue from a number of today's best chefs,

I suggest giving *Boldly Flavored, Deeply Roasted Cauliflower* a final few minutes under the broiler to lightly char it. By charring the top side only, the cauliflower becomes more complex, with additional depth and layers of flavor and texture from crisp and tender, to spiced and earthy.

Who would have thought that lightly charred and roasted cauliflower, golden hued from turmeric and lightly spiced from cumin, would be so tasty? Almost addictively so, judging from the amount of roasted cauliflower I've enjoyed eating these last couple of weeks while refining the recipe. 😊

*Recipe on next page...*

# **Boldly Flavored, Deeply Roasted** **CAULIFLOWER**

## **Sauce it, dip it, dress it**

Enjoy naturally gluten-free and vegan *Deeply Roasted Cauliflower* as an appetizer, salad, side dish or entrée.

Complete it with your favorite sauce, dip or dressing. Try it topped with an Herbed Tahini Sauce or dipped into your favorite pesto, such as Basil, Kale or Parsley/Scallion Pesto.

*Makes 4 servings*

*Active Time: 20 minutes*

*Total Time: 50 minutes*

## **INGREDIENTS**

- 10 cups 1–1½ inch cauliflower florets and ½-inch by 1-inch stems from a 2½ pound head of cauliflower
- 2 tablespoons coconut oil, melted
- 2 teaspoons ground cumin
- 1 teaspoon ground turmeric
- ¼ teaspoon sea salt
- 8 twists freshly ground pepper

### **Optional garnish**

- 1–2 tablespoons coarsely chopped, fresh herbs, i.e., parsley, cilantro, mint or chives

## **INSTRUCTIONS**

1) Heat the oven to 425 degrees. Place the top oven rack 6-inches from the broiler. Place the lower oven rack about 6-inches from the bottom of the oven.



2) Line a rimmed baking sheet, approximately 13 x 18 inches, with parchment paper or foil.

3) Combine the melted coconut oil, cumin, turmeric, salt and pepper in a large bowl. Toss in the cauliflower florets and stems, coating them with the spice mixture as evenly as possible. Transfer the cauliflower, flat side down, to the prepared baking sheet.



4) Bake on the lower shelf for 25 minutes.

5) Change the temperature from bake to high broil. Place the cauliflower on the top shelf. Broil the cauliflower 2 minutes. Turn the baking sheet 180 degrees and broil another 2 minutes, or until charred in spots.



6) Transfer the cauliflower to a serving platter and sprinkle with the optional fresh herbs. Serve **Boldly Flavored,**

**Deeply Roasted Cauliflower** with your favorite sauce, dip or dressing.

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