

Roasted Cauliflower (or Broccoli) (or Brussel Sprouts)

1 head of cauliflower broken into quarter-sized florets (if brussel sprouts cut them in half)

2-3 Tablespoons olive oil

4-5 Tablespoons Parmesan Cheese

Preheat oven to 400 degrees. Place florets in a single layer in a baking dish or cookie sheet. Drizzle with olive oil. Toss till cauliflower is coated. Roast in oven for 15 minutes. Remove and sprinkle with cheese. Return to oven for 10 more minutes. Serve hot.

Roasted Cauliflower Soup (or Broccoli) (or Brussel Sprouts)

1 head of cauliflower or the equivalent – broken into quarter-sized florets

3 medium shallots peeled and sliced lengthwise

Olive oil cooking spray

4-5 Tbsp. Parmesan cheese

4 cups chicken or vegetable broth

1 cup milk or ½ and ½

2-3 cups of Yukon Gold potatoes- peeled and cut into ½ inch chunks

¼ cup chives or green onions cut into ¼ inch pieces

5 slices of thick bacon cooked and crumbled into small pieces

Parmesan cheese- 1 Tbsp. per portion

Pepper to taste

Preheat oven to 400 degrees. Place cauliflower and shallots on a cookie sheet and spray with olive oil and sprinkle with cheese. Roast for 15-20 minutes or until the cauliflower is tender. While the cauliflower and shallots are roasting, bring the broth to boil in a large saucepan and cook the potatoes in it until they fall apart (about 20 minutes). Mash them in the broth with a potato masher. When the cauliflower mix is done, place in a food processor or blender and pulse- slowly adding the milk till the mixture is a polenta or cream of wheat consistency. Add the cauliflower into the pot with the potatoes and add the chives- season with pepper. Warm the soup over medium heat till cooked through but not boiling. Serve warm with bacon crumbles and parmesan cheese (instead of salt) as garnish. Makes 3-4 servings