

Go Further with Food

Explore the Extraordinary Versatility of Vegetables

Did You Know?

Vegetables are extremely versatile. Depending on how you prepare and cook them, vegetables can take on different flavors, textures, and roles on the plate.

Experiment with different culinary techniques to take vegetables from ordinary to extraordinary. Here are a few ideas to try in your kitchen:

- “Riced” vegetables: cauliflower or broccoli
- Mashed: celery root, parsnip, or rutabaga
- Vegetable “noodles”: beets, sweet potato, carrots, rutabaga, or zucchini
- Steaks: cauliflower, cabbage, celery root, or Romanesco
- Fries: baked parsnips, green bean, or winter squash

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Celebrate National Nutrition Month® by preparing vegetables in a new way!

CAULIFLOWER “RICE” WITH SPINACH, BASIL, AND GREEN PEAS

Makes 4 servings

1 medium head of cauliflower, chopped into 1-inch pieces

Cooking spray

1 cup parsley, chopped and loosely packed

1 cup basil, chopped and loosely packed

1 cup spinach, chopped

2 cups peas

1 small garlic clove

2 teaspoons lemon juice (approximately ½ of a lemon)

2 teaspoons olive oil

⅛ teaspoon black pepper

¼ teaspoon kosher salt

¼ teaspoon garlic powder

Pulse cauliflower in a food processor until pieces are the size of rice. You may need to do this in batches. Alternatively, you may grate cauliflower with a box grater. Coat pan with cooking spray and sauté cauliflower rice for 3-4 minutes, until softened.

Purée herbs, spinach, peas, fresh garlic, lemon juice, olive oil, salt, pepper, and garlic powder together in blender or food processor.

Fold herb purée into cauliflower and serve warm or room temperature.