

PERSONALIZE YOUR PLANTS TAILOR PLANTS TO YOUR PERSONAL TASTE

Did you know?

- Plant foods are versatile and there is no one-size-fits-all way to prepare them, tailor them to your personal tastes and flavor with herbs and spices to elevate the dish from basic to simply delectable.
- Elevate your kitchen literacy skills and learn new techniques to prepare vegetables. Think mashing, frying, spiralizing, shaving – the possibilities are endless!
- From stem to root – use the full plant to enhance the flavors of your dish and reduce waste in your kitchen.

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

- Grill cauliflower "steaks"
- Smoke brussels sprouts
- Blend cashews for creamy sauces
- Use radicchio as vessels for dips
- Wrap burritos with collard greens
- Spiralize zucchini in place of pasta
- Make a blended mushroom burger
- Make "ice cream" with bananas



Parmesan Honey-Roasted Cauliflower Steaks

Makes 4 servings

- 2 tablespoons Parmesan cheese, shredded
- 3-1/4 tablespoons honey
- 2 fresh garlic cloves, minced
- 1-1/4 teaspoons dried basil
- 1/8 teaspoon salt
- 2-1/2 teaspoons oil
- 1 large head of cauliflower

Preheat oven to 425 degrees F. In a small mixing bowl, combine parmesan cheese, honey, minced garlic, dried basil, salt, and oil. Set aside.

Wash, dry, and remove the leaves from the head of cauliflower. Cut cauliflower in half slicing through the center of the whole head. Take each half and slice again to create a 1-inch steak. Reserve any florets from each side for another use. Lay each piece flat parchment-lined baking sheet, cut side down.

Lightly brush both sides of the cauliflower steaks with the parmesan honey mixture. Roast the cauliflower in the oven until it becomes golden brown and slightly crispy, about 30-40 minutes, flipping once to cook both sides of the cauliflower steak evenly.