



Featured Recipe

Cheesy Cauliflower Breadsticks

Cauliflower really is the all-powerful food; it can be anything we want it to be!

INGREDIENTS:

- 1 large head of cauliflower
- 2 large eggs
- ¼ cup grated parmesan cheese
- ¼ cup shredded mozzarella cheese
- ½ tsp salt
- ½ tsp oregano
- ¼ tsp granulated garlic
- 1 cup of shredded cheese for topping – any low moisture cheese will work, we're using shredded mozzarella since it's a student favorite! Get creative and add tomato sauce and topping for a pizza!

DIRECTIONS:

1. Rice Cauliflower: Preheat oven to 350 degrees. Grate cauliflower into rice consistency using a food processor or box grater. Spread cauliflower rice onto a parchment lined baking sheet, not piling it too high at all. Bake for 20 minutes or until the cauliflower begins to brown slightly. Remove from oven and let cool. Increase oven temperature to 450 degrees.
2. Dry Cauliflower: Spoon Cauliflower into a cheesecloth and squeeze out as much moisture as possible.
3. Make Dough: In a large bowl, combine all ingredients aside from your cheese for topping. Shape dough into a square or rectangle on a parchment lined sheet tray. Bake for 15 minutes, carefully flipping the crust halfway through cooking.
4. Finish: Top with your desired cheese and back for about 7 minutes until melted and delicious! Enjoy!

DID YOU KNOW...?

- Cauliflower can be four different colors: White, Yellow, Green, and Purple.
- It takes from 50 to 265 days from planting of the seed to the harvest.
- Cauliflower can be eaten raw, cooked or pickled.
- The bigger the cauliflower head, the bigger the flavor.
- Before farmers harvest cauliflower, they blanch it by covering the head with leaves as it matures. If the cauliflower is not blanched, the heads become yellow or green. These cauliflowers are still good, but most people prefer white cauliflower. Purple varieties do not need to be blanched.

