

Transform Your Food with Cauliflower

November seems to be the month characterized with lots of eating, particularly the week of Thanksgiving. Although home is sometimes where we find delicious, butter, and high-calorie meals or snacks, it does more harm than it does good. The long-term effects of unhealthy eating is not worth the few minutes of pleasure, especially when there can be changes without sacrificing the taste.

The popularity of cauliflower is skyrocketing as it's a great substitute for high-carb dishes. Here are three easy dishes that are packed with vitamins and minerals:

1. Pizza

People may be hesitant to try cauliflower crust because of how it might taste, but it's easy to make, healthy and with favorite toppings, it can taste just like your favorite pizza.

Ingredients:

Serves 4

- $\frac{1}{2}$ cup tomato passata or can chopped tomatoes
- 1 cup shredded mozzarella cheese
- $\frac{1}{2}$ cup shredded cheddar cheese
- $\frac{1}{4}$ cup fresh basil leaves
- $\frac{1}{2}$ tsp crushed red pepper flakes (optional)
- Toppings of your choice

-For the crust:

- 1 head cauliflower, chopped
- 2 large eggs
- $\frac{1}{2}$ cup shredded mozzarella cheese
- 2 tbsp freshly grated parmesan
- 1 tbsp Italian seasoning
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 210°C. Line a baking sheet with parchment paper.
2. To make the crust, add cauliflower to the bowl of a food processor and pulse until finely ground (2-3 cups)
3. Transfer to a microwave-safe bowl, and place into microwave for 8-10 minutes, or until softened. Let cool.
4. Drain cauliflower completely, and transfer to a large bowl. Stir in beaten eggs mozzarella, parmesan and Italian seasoning, season with salt and pepper, to taste.
5. Spread cauliflower mixture onto the prepared baking sheet and press down. Bake for 12-15 minutes, or until golden brown.
6. Top with tomato sauce, cheeses and toppings (optional). Return to oven and bake until cheese has melted, about 10 minutes
7. Sprinkle with basil and red pepper flakes - if desired - and serve immediately.

2. Healthy Tempura

Mouthwatering, tempura batter that coats cauliflower is still crunchy while the inside stays nice and tender. Having a coconut taste because of the coconut oil, it's best served with a sweet chilli or soy sauce dip on the side.

Ingredients:

Serves 2-4

- 1 head cauliflower
- $\frac{2}{3}$ cup brown rice flour
- $\frac{1}{2}$ cup cornflour
- 1 tsp bicarbonate of soda
- 1 tsp salt
- Soda water, refrigerated
- Enough coconut oil for frying

Instructions:

1. Split the cauliflower into manageable florets, transfer to a saucepan, and cover with boiling water. Leave to stand for 5 minutes before draining.
2. In a large mixing bowl, combine the flour, cornflour, bicarbonate of soda, and salt. Using a whisk, incorporate enough soda water into the flours to yield a smooth batter
3. Heat the oil in a deep saucepan or wok. Coat the florets in the batter one by one, dropping them carefully into the oil until golden brown and crispy. Don't be tempted to do more than a few at once.
4. When the first batch of tempura florets are done, pop them in a bowl lined with kitchen towel to drain. Then, dip and enjoy.

3. Cauliflower Rice

Cauliflower rice is just like regular rice, keeping the feel of comfort food, but sneaking in more vegetables into your day.

Ingredients:

- 1 large head cauliflower, cut into large chunks
- 2 tbsp coconut oil
- Salt and pepper, to taste

Instructions:

1. Place cauliflower chunks in a food processor and pulse until broken down into rice-size pieces.
2. Heat oil in a skillet over medium heat; add cauliflower rice, salt, and pepper. Cover skillet and cook until heated through, 3-5 minutes. Remove lid and fluff with a fork.