

Cauliflower FROM GARDEN TO TABLE

Whole ingredients
Simple solutions



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OVEN ROASTED CAULIFLOWER

toss with melted coconut oil or olive oil; add curry, cumin and turmeric; roast in the oven at 350C until golden brown

CAULIFLOWER SOUP

saute onions slow and low in butter, add minced garlic, warm broth, some herbs and chopped cauliflower; simmer until cooked. puree with hand blender, add cream if desired, salt and pepper to taste

CAULIFLOWER FRITTERS

in a food processor, blend cauliflower with flour, eggs, baking powder, salt and pepper to taste. form small patties and pan fry in olive oil. serve with spicy mayo

VEGETABLE PLATTER

add cauliflower to a raw vegetable platter with bell peppers, carrots and celery, have a ranch dressing or hummus to dip



SERVICES FOR YOUNG MOTHERS