



Veggies Made Easy



Cauliflower "Rice"

May 2019



Cauliflower “Rice” Paella

Ingredients

- 3 tablespoons olive oil, divided
- 1 (12 ounce) package soy crumbles
- 6 cloves garlic, minced, divided
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{1}{2}$ teaspoon pepper, divided
- 1 teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon red pepper flakes
- 1 onion, finely chopped
- 1 tablespoon finely chopped fresh thyme
- 1 teaspoon turmeric
- 1 (12 ounce) bag Mann’s Cauliflower “Rice”
- 1 tablespoon tomato paste
- 1 cup canned tomatoes, diced
- $\frac{1}{2}$ cup vegetable broth
- 3 bay leaves
- 2 cups chopped kale
- $\frac{1}{2}$ cup frozen peas, thawed
- 1 tablespoon lemon juice

- $\frac{3}{4}$ cup roasted red peppers, chopped
- 2 tablespoons finely chopped fresh parsley
- lemon wedges

The Method

Heat 2 tablespoons oil in a large skillet set over medium heat. Add soy crumbles, half of the minced garlic, $\frac{1}{4}$ teaspoon each of salt and pepper, smoked paprika and red pepper flakes to skillet, cook for about 5-7 minutes or until soy crumbles are browned and cooked through. Transfer to plate and set aside.

Heat remaining oil in same skillet. Add the remaining garlic, chopped onion, thyme, and turmeric, cook for about 3-5 minutes or until onions start to soften. Next, stir in Mann’s Cauliflower “Rice,” then add remaining salt and pepper, cook for 1-2 minutes or until well coated. Then stir in tomato paste, cook for 1 minute. Stir in diced tomatoes, vegetable broth and bay leaves. Bring to a boil then reduce heat and allow to simmer for 3-5 minutes.

Stir in kale and peas, cook for about 3 minutes or until Cauliflower “Rice” is tender, kale is wilted and peas are heated through. Stir in lemon juice, cooked soy crumbles mixture and peppers, cook for about 2 minutes or until heated through. Remove bay leaves.

Sprinkle with parsley and serve with lemon wedges.



Cheesy Cauliflower “Rice” “Breadsticks”

Ingredients

- 1 (12 ounce) bag Mann’s Cauliflower “Rice”
- 1 egg
- 1 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon Italian seasoning
- ½ teaspoon baking powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

The Method

Preheat oven to 375° F.

Steam Cauliflower “Rice” according to the packaging

Line a 9” X 4” loaf pan with parchment paper, then spray parchment with oil.

In a bowl, mix all ingredients together well, then pat the mixture into the loaf pan. Bake for 20 minutes and remove from oven. Turn oven temperature down to 350° F.

Carefully lift parchment paper out of pan and carefully cut the loaf into 8 bread stick fingers. Carefully transfer and spread them out on a cookie sheet and return to oven to cook for 10-15 minutes to firm up the dough.

Optional: Top with additional mozzarella cheese and return to the oven to melt the cheese topping.

Serve with a warm marinara sauce dip.



Cauliflower “Rice” Risotto with BROCCOLINI® baby broccoli

Ingredients

- 3 teaspoons chopped shallots
- 3 teaspoons extra virgin olive oil
- 2 (12 ounce) bags Mann’s Cauliflower “Rice”
- 1 bunch Mann’s BROCCOLINI® baby broccoli (about 9 stalks)
- 1 cup broth (meat or vegetable)
- 6 teaspoons sweet butter
- 1 cup grated Parmigiano-Reggiano cheese
- 2 teaspoons chopped parsley, (optional for garnish)
- Salt and pepper, to taste

The Method

In a large skillet over medium heat, cook shallots in olive oil until they start to caramelize, about 5-7 minutes.

Add Mann’s Cauliflower “Rice” and Mann’s BROCCOLINI® baby broccoli into the skillet and toss to combine.

Add broth and butter, cook uncovered, just until vegetables are slightly tender, about 10 minutes. Remove from heat and mix in cheese and parsley.

Season with salt and pepper, to taste.



Meatless Cauliflower “Rice” “Meatballs”

Ingredients

- 1 (12 ounce) bag Mann’s Cauliflower Rice
- ½ cup diced onion
- 8 ounces finely chopped mushrooms
- 2 tablespoons extra virgin olive oil
- 2 tablespoons chopped parsley
- ¼ teaspoon garlic powder
- 2 tablespoons chopped Kalamata Greek olives
- ½ cup grated Parmesan cheese
- ½ cup bread crumbs, Italian seasoned
- 1 egg, beaten
- 1 tablespoon sun-dried tomatoes or chopped walnuts (optional)
- Vegetable oil (as needed for frying)

The Method

Steam Cauliflower “Rice” according to the packaging directions.

Sauté onions and mushrooms with olive oil in a hot pan over medium-high heat until mixture begins to brown, about 4-5 minutes. Remove and place in a large mixing bowl along with the steamed Cauliflower “Rice” and add all remaining ingredients, except the vegetable oil. Mix well. Then using your hands moistened with water, shape into 12 large or 24 small balls.

In a frying pan, preheat a thin layer of vegetable oil over medium-high heat and fry the balls on all sides, about 2-3 minutes per side or until golden brown.

Serve with marinara sauce.



Moist Double Chocolate Cauliflower “Rice” Muffins

Ingredients

- 1½ cups Mann’s Cauliflower “Rice”
- 2 eggs
- ½ cup canola oil
- 1 teaspoon vanilla extract
- 1 cup buttermilk
- 1 cup granulated sugar
- 2 cups all-purpose flour or gluten-free baking mix
- ½ cup unsweetened cocoa powder
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¾ cup mini semi-sweet chocolate chips

The Method

Preheat oven to 400° F.

Line standard-size muffin tins with 2” X 1¼” paper liners.

Pour Mann’s Cauliflower “Rice” into a microwave-safe bowl, microwave uncovered for 6 minutes

In a mixing bowl, whisk together the eggs, oil, vanilla, and buttermilk until well blended. Stir in the cooked Cauliflower “Rice”.

In another medium bowl, whisk together the sugar, flour, cocoa powder, baking powder, baking soda, salt, and chocolate chips. Add dry ingredients to wet ingredients and stir just until blended. Do not overmix. Divide batter equally into the 12 prepared muffin tins, and bake for 18-20 minutes or until a toothpick inserted into center comes out clean.

Remove from oven and allow muffins to cool in tin for 10 minutes before removing to racks to cool completely.