

## Grilled Cauliflower Steaks With Fresh Herb Sauce



**Total:**20 mins **Prep:**10 mins **Cook:**10 mins **Yield:**2 portions (2 servings)

As long as your grill isn't covered in several inches of snow, you can still put it to good use year round. Instead of burgers, ribs or hot dogs, try grilling healthy cauliflower. Cut into "steaks" and dusted with spice, the vegetable picks up lots of smoky flavor from the grill. A simple sauce of fresh herbs, lemon and garlic are drizzled over top, giving the finished dish way more flavor than you'd expect. A little spicy, tangy, smoky, and savory, it's a dish that has earned entree status. And it's done in 20 minutes flat.

If you don't have a grill or would rather stay indoors, a grill pan will have a similar effect.

### Ingredients

- 1 large head cauliflower
- 1 tablespoon canola or grapeseed oil
- 1 teaspoon ground cumin ( spice of your choice )
- 1 teaspoon ground [turmeric](#) ( spice of your choice )
- Salt and pepper
- 2 tablespoons packed (finely chopped fresh parsley)
- 1 tablespoon packed (finely chopped fresh mint)

1/2 small lemon (zested and juiced)

1 teaspoon olive oil

1 garlic clove (finely minced)

1 large pinch red pepper flakes

### **Steps to Make It**

Preheat your grill at medium-high heat.

Trim the leaves off of the cauliflower and remove the end of the stalk. Set it on your cutting board and cut into thick steaks from top to bottom (so that they look like the photo).

You will get two to four whole steaks. Save the remaining loose cauliflower florets for another use.

Brush both sides of the steaks with oil. Dust with the cumin and turmeric and season with salt and pepper on both sides.

Grill the steaks for about five minutes per side, or until they have reached the desired doneness.

Combine the parsley, mint, lemon zest and juice, olive oil, garlic and pepper flakes in a small bowl. Season with salt and pepper.

Serve the sauce drizzled over the top and more on the side.

### **Savory Spinach and Mushroom Strudel**



**Total:**100 mins **Prep:**40 mins **Cook:**60 mins **Yield:**2 strudels (2 servings)

This savory strudel utilizes pre-packaged puff pastry to make your time spent in the kitchen so much easier. Many pre-packaged puff pastries--found in your grocer's freezer section--are actually vegan by default. Check the labels on brands such as Pepperidge Farms and similar names and then get cooking!

## **Ingredients**

5 onions (Cippolini or any small, sweet onion, thinly sliced)

1/2 cup mushroom broth

10 ounces mushrooms (any variety, sliced)

3 cups spinach (fresh, chopped)

1 (359-gram) silken tofu (extra-firm, drained)

5 tablespoons vegan cream cheese (such as **Tofutti** brand)

1 teaspoon olive oil

2 teaspoons tahini

Salt (to taste)

Pepper (to taste)

1 package puff pastry

## **Steps to Make It**

Preheat oven to 375 F.

In a large frying pan over medium high heat, sauté the onions in the mushroom broth until the onions are golden brown and tender, about 10 minutes. Stir often so that the onions do not burn.

Add the mushrooms and--keeping over medium-high heat--cook until almost all of the liquid is gone. Lightly salt and pepper to taste.

Gradually add the spinach, and allow it cook for about 45 seconds, or until the leaves are wilted and brilliant green.

Cover and set aside.

In a medium-sized bowl, using a fork, smash the silken tofu until it resembles cottage cheese.

Cream the tofu with the vegan cream cheese, olive oil, tahini, 1 teaspoon salt, and pepper.

Fold the spinach and mushroom mixture into the tofu mixture and blend well until well incorporated and evenly distributed.

On a large clean and lightly floured surface, roll out one sheet of puff pastry so that it is just slightly bigger than the dimensions it came packaged in. Keep the dough square as you roll it out.

Using half of the spinach and mushroom mixture, spread the mixture on only half of the pastry square leaving a 2-inch border on each side.

Roll up, starting with the filled side, making sure to keep taut while doing so. Pinch edges and fold down to seal.

Repeat each step with the other pastry and then place both filled pastries onto a large metal baking sheet.

Using a very sharp knife and coming in from the side, score the top of the pastries with 5 slits each.

Bake at 375 F for 35 to 40 minutes, or until the pastry is golden brown and crispy.

Remove from the oven and allow to cool about 10 minutes before slicing and serving.

To retain crispiness, it is best served shortly after baking.

### **Recipe Variation**

Party version! Cut the rolled out puff pastry into 3 x 3 inch squares. Press each square snugly into the bottoms of muffin tins and then fill the cups 1/2 with mushroom filling. Bake 30 minutes, or until puff pastry is fluffy and topping is golden. Serve warm.

## **Artichoke and Sun-Dried Tomato Pasta**



**Total:**20 mins   **Prep:**10 mins   **Cook:**10 mins   **Yield:**6 servings

Sometimes the simplest of foods are so nourishing and tasty, it's hard to believe they're made with just a few ingredients. This pasta recipe with sun-dried tomatoes, artichoke hearts, and fresh chopped basil combines to become far greater than the sum of its parts and is an absolutely fantastic vegetarian and vegan pasta dish.

And what could be easier—artichokes and sun-dried tomatoes can be popped out of a can and tossed on a plate of pasta to take a dish from ordinary and everyday to gourmet. To make this dish even more impressive, add the tiniest of a balsamic vinegar drizzle at the end, use roasted red peppers instead of fresh, and swap freshly made pasta for the dried boxed kind.

### Ingredients

1 (12-ounce) box bow tie pasta

2 tablespoons good quality olive oil

3 cloves garlic (minced)

1/2 red pepper (diced)

1 jar oil-packed sun-dried tomatoes (drained; or about 3/4 cup dry, rehydrated and drained)

1 cup artichoke hearts (drained well and coarsely chopped)

1/3 cup black olives (sliced)

1/3 cup basil (chopped fresh)

## Steps to Make It

Cook the pasta according to instructions on package and drain.

Sauté the minced garlic in olive oil for 1 to 2 minutes. Add the red peppers and allow to heat for another 1 to 2 minutes.

Add the sun-dried tomatoes, artichoke hearts, olives, and basil and allow to cook until heated through, stirring frequently, for about 2 to 3 more minutes. Do not overcook,

as you'll lose the good fresh flavor from the basil.

Toss with the cooked pasta and serve.

Enjoy!

## Tips

Drain ingredients well to avoid a watery pasta dish. Place the oil-packed sun-dried tomatoes on a paper towel and gently press the artichoke hearts into a colander with a wooden spoon to remove the liquid.

Top off your pasta with a pinch of sea salt and fresh ground pepper. Or, sprinkle on some Parmesan cheese (for those who eat dairy) or nutritional yeast (for vegans).

## Bang Bang Cauliflower



**Total:**35 mins **Prep:**15 mins **Cook:**20 mins **Yield:**4 cups (serves 4)

Bang bang sauce is good on virtually everything...including cauliflower. This healthy spin on the Bone Fish Grill appetizer is tangy and spicy and much lower in calories than the original. This cauliflower is coated with panko breadcrumbs then baked, and it turns out surprisingly crispy. The panko breadcrumbs are essential. They are super crispy and provide great crunch without deep-frying. The cauliflower is a good substitute for vegetarians without sacrificing flavor or texture.

The bang bang sauce is savory, sweet, and spicy and comes together very quickly. It's only four ingredients and whisks up in no time. It stores in the fridge for at least a week and is great on top of chicken and shrimp, too.

### **Ingredients**

4 cups cauliflower florets  
2 eggs  
2 cups panko breadcrumbs  
Salt and pepper  
1 scallion (thinly sliced)

### **For the Bang Bang Sauce**

2 tablespoons sweet chili sauce  
2 teaspoons Sriracha hot sauce  
1/2 cup mayonnaise ( substitute ranch or Italian dressing )  
1/2 cup non-fat plain Greek yogurt  
Garnish (chopped parsley or cilantro)



## **Steps to Make It**

Preheat the oven to 425 F. Whisk together the eggs in a small bowl. Add the salt and pepper: about a teaspoon of each will do. Add about a teaspoon of water to thin out the eggs a little bit. The egg will stick better to the cauliflower this way.

Dip the cauliflower florets in the beaten eggs and coat them on all sides.

Drop the cauliflower florets into the panko breadcrumbs. Toss them to completely coat. The panko should coat the cauliflower pretty easily, but if you need to, you can press some more of the breadcrumbs onto the cauliflower.

Place the coated cauliflower on a parchment lined baking sheet. Leave a little space between each floret.

Spray the cauliflower with cooking spray and then bake for 15 to 20 minutes or until golden brown and crispy.

While the cauliflower is cooking, whisk together the ingredients to the bang bang sauce in a bowl.

Drizzle the bang bang sauce over the crispy cauliflower and top with chopped scallions and parsley. Then serve immediately...with more bang bang sauce on the side, of course!

## **Tips**

You can add salt and pepper to the cauliflower and to the breadcrumbs for even more flavor.

If you like it on the spicier side, add more Sriracha to the sauce.

## Copycat Chicken Gnocchi Soup



**Total:**25 mins **Prep:**10 mins **Cook:**15 mins **Yield:**1 pot (4 servings)

Chicken gnocchi soup is the hearty, warm, and creamy

soup that you love from Olive Garden without having to leave the house. The recipe comes together in under 30 minutes and, dare we say, is even better than the original.

Fresh veggies, shredded chicken, and potato gnocchi are cooked together in a creamy broth for a soup that feels like a meal. Try your hand at some homemade breadsticks to serve alongside and you've got a complete and satisfying dinner.

The soup looks complicated, but we used store-bought gnocchi to cut down on time and effort. The rest of the ingredients are probably ones you already have at home and everything is made in one pot for super easy prep and cleanup. This soup is something the whole family will love.

If you are looking to freeze this soup, leave the gnocchi out. Add in the gnocchi when reheating the soup, otherwise the gnocchi will get mushy after being frozen.

## **Ingredients**

1 tablespoon olive oil  
1 tablespoon butter  
1 stalk celery (chopped)  
1/2 yellow onion (diced)  
1/2 cup carrot (shredded)  
3 garlic cloves (minced)  
1 teaspoon salt  
1/2 teaspoon pepper  
1 tablespoon flour  
4 cups chicken broth  
1 teaspoon thyme  
2 cups chicken breast (cooked and shredded or cut into cubes)  
16 ounces potato gnocchi  
1 cup heavy cream  
1 cup frozen spinach (chopped)  
Optional: Parmesan cheese (for serving)

## **Steps to Make It**

Heat the olive oil and butter over medium-high heat in a large heavy-bottomed pot like a Dutch oven. Add the celery, onions, carrots, and garlic to the oil and then add the salt and pepper.

Sauté for 2 to 3 minutes or until the vegetables have slightly softened and the onions are translucent. Add the flour and sauté for 1 to 2 minutes so the flour taste cooks off a bit.

Add the chicken broth and thyme to the pot. Allow it to come to a boil.

Add the shredded chicken and gnocchi and cook for about 3 minutes or until the chicken is warmed through and the gnocchi is cooked.

Turn the heat down to medium-low. Stir in the heavy cream and frozen chopped spinach into the soup and cook until the spinach is warmed and the soup has thickened. Add more salt and pepper to taste.

Serve immediately with crusty bread, freshly grated Parmesan cheese, and a grind of black pepper.

### **Tips**

You can also cut about a pound of chicken breasts into 1-inch pieces and cook them right in the broth alongside the gnocchi. But if you have leftover shredded chicken this is also a great way to use it up.

If you like crunchier vegetables, cook them for less time before adding the broth. You can also add the shredded carrots in with the chicken if you like them a little firmer.