

CAULIFLOWER RICE, FULLY



THE COOKFUL

Edited by Amy Bowen and Christine Pittman

Cauliflower Rice, Fully

Cauliflower rice is a super-star trend that we totally love so we've written an ebook all about it. Dive into this delicious and convenient food with us.

A couple of years ago, cauliflower became super duper trendy. It was all over Pinterest and everywhere. This staple vegetable that we'd taken for granted all our lives was suddenly a star. Some time after that, cauliflower rice hit center stage. There were recipes using it in all kinds of ways until, finally, brands caught on and started pre-ricing the cauliflower for us. Now you can buy cauliflower rice in the produce department and in the freezer section of the grocery store, making it easier than ever.

Which is, I believe, why the cauliflower fanfare continues to grow.

And which is, also, why we're doing a whole ebook about cauliflower rice.

Wait...Have you tried cauliflower rice? Do you know what it is? Better fill you in quickly.

Cauliflower rice refers to cauliflower that has been grated or cut into very small, rice-sized pieces. It can also mean a finished dish that is made by cooking those soft pieces of



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Cauliflower Rice, Fully

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cauliflower into something resembling white rice. You serve it as a side dish similar to rice or you use it as a replacement for rice in recipes.

Many people call it cauliflower rice whether it's cooked or not. Others seem to call it riced cauliflower prior to cooking, reserving the term cauliflower rice for the finished rice-like side dish.

Riced cauliflower is also sometimes called Cauliflower Crumbles. This is a term that has been trademarked by Green Giant though so it's brand-specific.

The main idea behind cauliflower rice or riced cauliflower is that it can be substituted for rice or other carbohydrates in many recipes. It can be used in fried rice or taco bowls. Anywhere that you have cooked rice, really. Cauliflower rice also gets used instead of flour in baked items, like pizza crusts and garlic bread. We have a whole bunch of recipes using cauliflower rice, including fried rice, rice bowls, pizza crust and more, in this book. So much delicious cauliflower creativity!

A quick note. If you're going to make your own, 1 medium head of cauliflower (approximately 1 pound) makes about 4 cups of riced cauliflower. If you're following a recipe that calls for ounces, there are about 4 ounces (by weight) of riced cauliflower in one cup.

There you have it, some cauliflower rice explanation and information to kick off our ebook. It's an interesting and delicious one so I hope you read through it, cook through it, and enjoy it.

Now, let's get ricing!

Christine

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Christine Pittman is a brand ambassador for Produce for Kids. She is compensated to develop recipes for them, take food photos and to promote the recipes on her websites and social media channels.

Cauliflower Nutritional Guide

By Amy Bowen

Cauliflower is a powerhouse when it comes to nutrition. Get the details [here](#).

Cauliflower has come a loooong way from the days of just chucking it in a mixed salad. It now shows off in everything from fried rice to cauliflower steaks (yes, it's actually a thing). The good --- no, great --- news is that it's good for you. Like, one of the healthiest foods you can enjoy.

Cauliflower has tons of glucosinolates, which contain sulfur. Glucosinolates help almost every system in the body, including cardiovascular and digestive.

Glucosinolates and antioxidants work hand in hand. Cauliflower has super high levels of Vitamin C and Magnesium, which helps with your metabolism.

There's more good news. Studies have shown cauliflower decreases the risk of colon and prostate cancers, obesity and heart problems.

That makes you want to dish up some cauliflower, doesn't it? Mmmhmm. Stay tuned because we have some great cauliflower recipes for you.





How To Make Riced Cauliflower – Two Ways!

By Jaime Silva

Let's get ready to CRUMBLE! Find out how to make your own cauliflower rice in two different ways.

What used to be the most boring vegetable is now the most popular. Cauliflower has grown in popularity in recent years as people continue to find healthier alternatives to white rice, mashed potatoes and the like. The versatility of cauliflower has really made home cooks, like me, become extra creative in the kitchen.

One of my favorite ways to use cauliflower is by making cauliflower rice. Simple, easy to make and with a few spices – delicious.

There are two methods for ricing cauliflower. You can either use a regular box grater or a food processor. The goal is to turn cauliflower florets into tiny pieces that resemble rice. Both methods result in similar texture so you can't go wrong with either one.

For the box grater method, get your head of cauliflower and start grating. You'll want to try the different sides of the box to see what works best. I like those spikey little holes best for this but you might prefer the wider shreds.

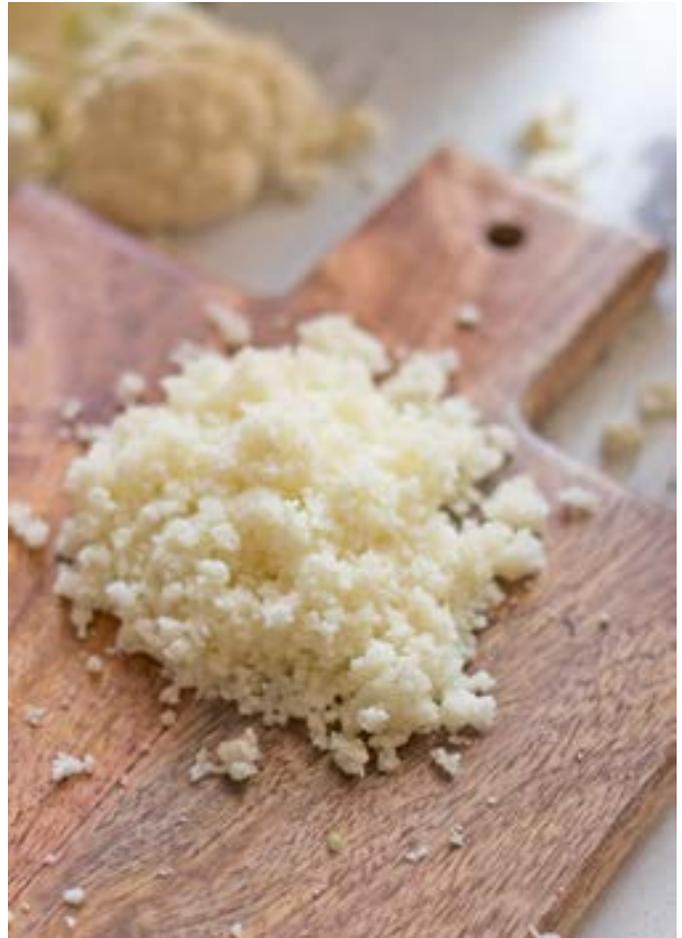
To make riced cauliflower in a food processor, add florets to the bowl and then top with cold water. Pulse until cauliflower is in small rice-sized pieces then drain. The purpose of the water here is so that the machine can run smoothly without pureeing the cauliflower.

I guess there's one more method. You can use a ricer!

PRO TIP! Once you have rice-like crumbles, put them in a dish towel and squeeze out all the water. Trust me, your cauliflower rice dishes will be much better for it.

How much riced cauliflower do you get from a head of cauliflower?

1 medium head of cauliflower (approximately 1 pound) makes about 4 cups of riced cauliflower. If you're following a recipe that calls for ounces, there are about 4 ounces (by weight) of riced cauliflower in one cup.



How To Make Riced Cauliflower – Two Ways!

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Yield: 3-4 servings

Prep Time: 10 minutes

Cook Time: 0 minutes

Total Time: 10 minutes

Ingredients:

1 large head of cauliflower

1. Wash and dry cauliflower. Remove the green parts and cut into florets.
2. Using a box grater or a food processor filled with cold water and cauliflower, turn the cauliflower florets into the rice-sized pieces. Careful with your fingers when using the box grater!
3. Drain if needed. Transfer cauliflower rice to a clean dish towel and squeeze to remove any excess moisture/water. You can then make your favorite cauliflower rice dish. Enjoy!



How to Cook Riced Cauliflower

By Jaime Silva

You have the little bits of riced cauliflower but what do you do with them? We've got you covered with this guide to cooking cauliflower rice.

I won't lie, the first time I tried cauliflower rice, I did NOT like it. That was until I learned that seasoning was the key to making the perfectly flavorful cauliflower rice dish.

There are several ways to make a flavorful cauliflower rice dish. You can simply cook it, then season it with salt, pepper and garlic powder. I personally love the Cauliflower Cilantro Lime Rice recipe below. You can serve it as a side, stuff it in a burrito, or even turn it into a casserole. I know you will LOVE it!

O.K., so what do you do to make cauliflower rice? First, get yourself a bag of riced cauliflower (sometimes called cauliflower crumbles or cauliflower rice) at the grocery store from the produce department or rice a head of cauliflower yourself. Transfer the rice-sized pieces of cauliflower to a clean kitchen towel and squeeze the water out. To a skillet, add some olive

How to Cook Riced Cauliflower

Continued from previous page

oil and riced cauliflower, salt and pepper and cook over medium-high heat for 6-8 minutes, stirring occasionally, until cauliflower rice begins to soften. Once soft, remove from heat and serve.

If you want to add more flavor, and I'm betting you do, check out the recipe below. After cooking the cauliflower rice, you add chopped cilantro and lime juice. Deeeelish!

Cauliflower Cilantro Lime Rice

Yield: 4-6 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Ingredients:

1 large head of cauliflower
or 1 bag of already riced
cauliflower

1 Tbsp. olive oil

salt and pepper, to taste

1/2 cup chopped cilantro

2 Tbsp. lime juice

1. If making your own cauliflower rice, wash and dry cauliflower. Remove the green parts and cut into florets. Using a box grater or a food processor, turn the cauliflower florets into the rice-size pieces. Careful with your fingers when using the box grater! Drain if needed.
2. Transfer cauliflower rice to a clean dish towel and squeeze to remove any excess moisture.
3. In a skillet, add olive oil and riced cauliflower, salt and pepper and cook over medium-high heat for 6-8 minutes, stirring occasionally, until cauliflower rice begins to soften. Remove from heat and stir in chopped cilantro and lime juice. Serve and enjoy!

Is Store-Bought Cauliflower Rice Better than Homemade?

By Jaime Silva

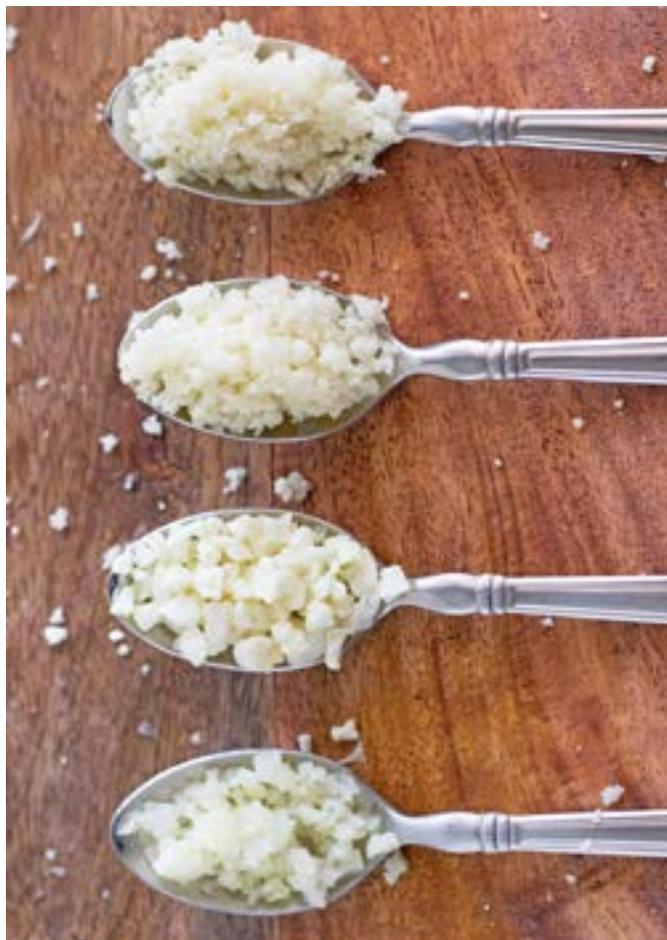
Should you take the convenient route and buy riced cauliflower or is homemade best? Taste test time!

So you read all the articles about cauliflower rice. You know the health benefits, got all your recipes ready for action and you're on your way to the grocery store. Awesome!

The big question is...do you buy frozen cauliflower rice, fresh cauliflower rice or make it from scratch using a food processor or box grater?

Decisions, decisions!

Here, let me help you decide. I purchased a bag of frozen cauliflower rice from my local grocer's freezer aisle and another bag of fresh cauliflower rice from the produce department. I also riced two large heads of cauliflower – one using a box grater and another using a food processor. That's right, I did my own homework and this is what I found.



In the photo above, the frozen cauliflower is the bottom one and the store-bought fresh, riced cauliflower is the second one up. The third one was grated with a box grater and the top one in a food processor.

The frozen cauliflower rice has smaller, more finely grated pieces making it easy to go from freezer to cooked in no time. The taste is just the same as if you were to make it at home and it pretty much lasts for months in the freezer. You can purchase bags of it and have it on hand whenever you want to make a quick side dish.

Is Store-Bought Cauliflower Rice Better than Homemade?

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The fresh store-bought cauliflower rice has larger, rice-like pieces. Taste is not very different from the homemade version but if you're not a fan of larger rice-like pieces of cauliflower, however, you may want to go with the frozen variety. The fresh cauliflower rice also doesn't last as long as the frozen cauliflower rice so you will have to use it within the week before it spoils. This may come in handy if you're on your way home and forgot to thaw or make your own cauliflower rice.

Both homemade versions resulted in a finer, rice-like texture. Obviously using the box grater requires more muscle and time while grating cauliflower florets in a food processor takes seconds. You may get a waterier cauliflower rice from the food processor. But that's nothing a quick dish towel squeeze can't fix.

You still get the same great, fresh flavor in both homemade versions. It just all depends how much time you have on hand and what kitchen equipment you have available at the time.

I hope this helps you the next time you're in the mood for some cauliflower rice!



Cauliflower Pizza Crust

By Allie McDonald

Learn how to make a delicious gluten-free pizza crust using riced cauliflower.

There's nothing like pizza night. You come home from a long day and you dig into a slice piled with piping hot cheese. Fresh, piping hot mozzarella cheese to be exact. But sometimes, you really don't want the heaviness of thick crust added into the mix. Sometimes, you just want to be a bit healthier.

That's where Cauliflower Pizza Crust comes into play. We're honestly still AMAZED by the way it binds together and becomes so...crust-like! We added a few spices and seasonings to the crust, so it's even more flavorful than your traditional version. Pizza night is back in play!

Cauliflower Pizza Crust

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Ingredients:

For the cauliflower pizza crust:

16 oz. cauliflower crumbles,
or 1 large head of
cauliflower, riced
2 oz. shredded mozzarella
cheese
1/4 cup grated Parmesan
cheese
1 egg
1 tsp. Italian seasoning
1/4 tsp. salt

*For the homemade pizza
sauce:*

1 tsp. extra virgin olive oil
2 garlic cloves, minced
8 oz. unsalted, canned
tomato sauce
1 tsp. Italian seasoning
1 tsp. sugar
1/4 tsp. salt
1/4 tsp. pepper

For the pizza:

1 cauliflower pizza crust
1 batch homemade pizza
sauce (or one 8 oz. can of
store-bought)
6 oz. fresh mozzarella
cheese, torn or grated
1/4 cup
grated Parmesan cheese
1 Tbsp. fresh basil ribbons

Yield: 4-6 servings

Prep Time: 20 minutes

Cook Time: 35-40 minutes

Total Time: 55-60 minutes

1. Preheat the oven to 375°F.
2. To make the crust: Put the riced cauliflower into a microwavable bowl. Heat in the microwave for 5 minutes, or until the cauliflower is steamed and soft. Drain the water and pour the cauliflower out onto a clean kitchen towel. When the cauliflower has cooled a bit, wring the towel out to drain all of the excess water.
3. Dump the cauliflower into a large bowl with the shredded mozzarella cheese, 1/4 cup Parmesan cheese, egg, Italian seasoning, and salt. Mix until combined. Scoop the mixture out onto a cookie sheet lined with greased foil. Form the crust into a disc that's about 1/4 inch thick. Place into the oven for 20 minutes to pre-bake.
4. While the pizza cooks, make your sauce: Heat the olive oil in a medium saucepan over medium heat and add the minced garlic. Sauté for 1-2 minutes and add the tomato sauce, Italian seasoning, sugar, salt, and pepper. Bring mixture to a boil and let it simmer for 10 minutes before removing from the heat.
5. When the crust has pre-baked, spoon over the sauce and top with the fresh mozzarella and 1/4 cup Parmesan cheese. Bake for an additional 15 minutes. Remove from the oven and top with the fresh basil. Serve.

Can Cauliflower Really Replace Carbs?

By Amy Bowen

Bread and rice lovers are skeptical. Diet-conscious folks swear by it. But can riced cauliflower really replace carbs?

I need to lose a bit of weight, and my boatload of carbs is probably the culprit.

I heard all about cauliflower rice, and I figured I'd give it a go. What did I think? Well, first, no matter what you may have heard, it in no way resembles rice in terms of taste. It's like trying to substitute a sirloin with tofu. Both are good in their own way, but they're completely different.

Cauliflower rice is good. It has a slight nutty flavor and the texture was spot on. But I could still tell that I was eating cauliflower and not rice. So if you think you'll trick someone who's skeptical of the cauliflower crumble craze, I would advise that it probably won't work.

But, if you go in knowing that it's cauliflower, you'll like it (and feel super proud that you ate another vegetable).

I then decided to try making a cauliflower pizza crust, or as I like to call it ... The Ultimate Challenge. The thing with this faux-pizza crust? You really need to wring out the cooked cauliflower, get it dry, before making it. Once you do that, you're golden. After I dried it as much as possible, I used it just as I would a bread crust. I also alerted my family ahead of time, so they were more accepting. Everyone loved the pizza. Yay!

It's easy to see why folks sub cauliflower for carbs. A cup of cauliflower crumbles only has 25 calories and 5 grams of carbohydrates. A cup of brown rice has 218 calories and 46 grams of carbohydrates. It's a no brainer if you're counting calories and carbs.

Since first trying them, I've made cauliflower rice and pizza into staples in my cooking rotation. But nothing really compares to the comfortable heartiness of rice or bread. If you crave carbs, cauliflower rice is not going to do it all the time. But definitely, it'll do the trick here and there.





Cauliflower Rice Stuffed Peppers

By Tawnie Kroll

These stuffed peppers are so good, and don't contain a lick of rice. Only cauliflower rice here!

Cauliflower is a surprisingly versatile veggie. I mean, who would have thought you could pulse it in a food processor to be used as a rice replacement? Genius! That is exactly what I did for this recipe to make the 'rice' for these peppers. Learn how here.

These stuffed peppers end up being very similar to the classic recipe we grew up with, but way healthier. You see, cauliflower rice packs tons more nutrients than rice into those peppers. You may think since cauliflower is a white vegetable it doesn't contain a lot of nutrition, but it actually contains Vitamin C and K and is rich in fiber and phytonutrients.

Cauliflower Rice Stuffed Peppers

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Stuffed peppers may sound like an intimidating dish, but they're so easy and they're ready in under an hour. If you have kids you can get them involved by getting them to scoop the filling into the bell peppers.

These peppers are great as dinner all on their own or you can serve them with a yummy side salad.

Yield: 5 servings

Prep Time: 10 minutes

Cook Time: 35 minutes

Total Time: 45 minutes

Ingredients:

1 Tbsp. olive oil
1 small white onion, diced
2 cups shredded cooked chicken (such as rotisserie)
1/2 tsp. salt
1/2 tsp. oregano
1/2 tsp. pepper
3 cloves garlic, minced
3 cups cauliflower rice
1 (15 oz.) can tomato sauce
5 large bell peppers
2 cups shredded mozzarella cheese

1. Preheat oven to 350°F.
2. Heat olive oil over medium heat in a large skillet. Add the diced onion and cook, stirring occasionally until softened, about 3-4 minutes. Add in shredded chicken, salt, oregano, pepper and garlic. Stir to combine. Then stir in cauliflower rice and can of tomato sauce.
3. Slice off the tops of each bell pepper, about 1/2 inch. Remove the seeds and membrane. Pepper should be able to stand up straight, if not – cut a thin slice off of the bottom ([see how to keep peppers standing here](#)).
4. Stuff bell peppers with cauliflower mixture and place in a 9x13 inch baking dish. Bake until peppers and cauliflower are soft, about 30 minutes. Add cheese on top and bake for another 3-5 minutes. Enjoy immediately.



Cauliflower Breadsticks

By Tawnie Kroll

If you want to enjoy breadsticks without consuming a ton of carbohydrates then you've met your perfect recipe! These ones use cauliflower rice instead of flour so they're healthy and gluten-free.

Using cauliflower rice to make these breadsticks was so fun! The cool thing about this recipe is that you're getting added nutrition from the cauliflower and some protein from the cheese. You could also easily turn this recipe into a cauliflower crust and make a pizza out of it as well.

A crucial step to making this is removing the excess water from the cauliflower before you bake it. No one wants soggy breadsticks! To do so, put the cooked cauliflower rice in a clean kitchen towel, wrap it up and then twist the towel and squeeze and squeeze.

These cauliflower breadsticks are great for an appetizer with friends or family or just a night in with your girlfriends. The garlicky flavor with the ooey gooey cheese is just too good not to share with others. Hope you can enjoy these low-carb cauliflower breadsticks soon.

Cauliflower Breadsticks

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Yield: 8 servings

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

Ingredients:

1 head cauliflower

2 eggs

1 and 3/4 cup shredded
mozzarella cheese, divided

1/4 tsp. black pepper

1/4 tsp. red pepper chili
flakes

1 tsp. garlic salt

1/2 tsp. oregano

1/8 tsp. turmeric

Marinara sauce for dipping

Parsley for garnish

1. Preheat oven to 400° F. Rinse cauliflower and cut into florets. Place the cauliflower into a food processor and pulse until it reaches a rice like texture.
2. Microwave the cauliflower rice for 8 minutes and then let it cool for 10-15 minutes. Once cooled, you will want to remove excess water from the cauliflower using a cheesecloth or thin dish towel. Once liquid is squeezed out you'll be left with a ball of cauliflower.
3. In a medium sized bowl, mix the cauliflower with the eggs, 1 cup mozzarella, pepper, red pepper flakes, garlic salt, oregano and turmeric.
4. Line a baking sheet with parchment paper and press the cauliflower mixture onto the sheet in a rectangle shape. Bake this for about 15-18 minutes, then top with the remaining 3/4 cup cheese and bake for another 5. You can broil for 1-2 minutes as well to achieve the golden brown cheese look.
5. Slice breadsticks and top with fresh parsley. Serve with marinara sauce for dipping.

Cauliflower Chicken Nuggets

By Christine Pittman

We're giving chicken nuggets a healthy (and tasty) makeover with riced cauliflower.

Chicken nuggets are a comfort food for me. They remind me of rare and exciting family dinners at McDonald's. I'm not sure if this was a thing or not for other people, but I used to get them with straight up honey to dip. They were so good. But they were, of course, not good for me. Which was why my parents wisely didn't take us there often. And that's why I don't take my kids there often either.

Chicken nuggets don't have to be unhealthy though. There are ways to make them much better for you. The simplest thing is to use a whole wheat or bran flake crust and then bake them instead of fry them. For today's recipe, I went with bran flakes for the extra fiber and sprayed them with cooking spray and then baked them at a high temperature (400°F) to help them brown.

You can absolutely do that with chicken pieces. Get chicken breasts and slice them 3/4 inches thick rounds. Bread the rounds and bake them.

Another way to make your chicken nuggets even healthier is by mixing in a vegetable, like cauliflower. That's what I did here. The riced cauliflower gets cooked in the microwave until tender and then mixed together with chopped, cooked chicken. You form the chicken and cauliflower mixture into nuggets and bread those before baking them.

I will admit that these are a tad time-consuming to make. Sorry! But they're actually really convenient because they're so easily freezable. I make a big batch of them and then freeze them on a tray in a single layer. Once they're frozen, I transfer them to a freezer bag. Then I can heat up a few for a quick dinner for the kids, or even put them still frozen into the kids' lunches. They'll defrost by lunchtime.

Sweet, right?



Cauliflower Chicken Nuggets

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Yield: 6 servings

Prep Time: 30 minutes

Cook Time: 35 minutes

Total Time: 65 minutes

Ingredients:

16 oz. cauliflower florets

3 cups cooked chopped
chicken breast

1/2 tsp. salt

3 eggs, divided

3 Tbsp. milk, divided

1/2 cup flour

3 and 1/2 cups bran flakes

1. Place cauliflower and 2 tablespoon water in bowl. Cover loosely and microwave HIGH for 2 minutes at a time, for 5-6 minutes or until very tender.
2. Place cauliflower, chicken and salt in food processor and pulse into very small pieces.
3. Whisk 1 egg and 1 tablespoon. milk in small bowl. Add to cauliflower and puree until smooth. Mixture should be slightly damp but able to hold together when pressed. If too dry, add a drizzle of milk and puree.
4. Preheat oven to 400°F. Spray large baking sheet with baking spray.
5. Put flour on plate. In bowl whisk together remaining eggs and milk. In separate bowl, add bran flakes and crumble into small pieces.
6. Scoop 1 tablespoon. of cauliflower mixture and drop gently into flour. Use fingers to roll around to coat, forming into a ball. Remove from flour and place in egg mixture; flip to coat. Remove and place into bran flakes. Roll around to coat. Transfer ball to prepared baking sheet and press down and flatten into a 3/4" inch thick oval. Spray nuggets with baking spray.
7. Place in oven and bake 15 minutes, or until nuggets begin to darken underneath. Flip and cook 10 minutes. Serve immediately or allow to cool on pan.



Mashed Cauliflower with Cheese

By Allie McDonald

Get our delicious recipe for mashed cauliflower. It's super tasty and good for you too!

If you've ever felt dismal, dreary or drained in your quest for lower carb living, be saddened no more! We've already shown you how cauliflower can be used instead of flour in breadsticks and pizza crust and how to make soft and fluffy cauliflower rice for using instead of rice in things like stuffed peppers. Now cauliflower will wow us with its transformative properties when it subs in for potatoes. We're mashing cauliflower instead of potatoes and adding some Parmesan cheese to create a flavor profile that will knock the socks off of any tried and true mashed potato lover.

This Mashed Cauliflower with Cheese actually needs no added heavy cream to create a silky texture. We'll sauté the cauliflower in stock before pureeing which will not only create perfect texture, but amazing flavor when paired with Parmesan.

Are you excited? I am. Let's do it!

Mashed Cauliflower with Cheese

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Yield: 4 servings

Prep Time: 1t minutes

Cook Time: 10 minutes

Total Time: 25 minutes

Ingredients:

2 and 1/2 tsp. butter or ghee

16 oz. store-bought riced cauliflower, or 1 large head of cauliflower riced

1/3 cup chicken or vegetable stock

1/2 cup Parmesan cheese

1/2 tsp. salt

1. Start by adding the of butter to a stockpot set over medium heat. Allow the butter to melt and then add the riced cauliflower. Stir until all of the cauliflower is coated and then pour in the stock. Allow this to simmer over medium low for 10 minutes, or until the cauliflower is soft. The cauliflower should absorb most of the stock.
2. Pour the mixture into a food processor and add the Parmesan cheese and salt. Process until velvety smooth. Serve while hot.



Cauliflower Mac and Cheese Soup

By Christine Pittman

It's a mash up of my favorite things: Mac 'n' cheese, soup and cauliflower!

Cauliflower and cheese are such a natural combination. That's why I just couldn't resist putting them together for part of our Cauliflower Rice Series.

This is one of those recipes where several things that I love collide into one. As I said, I love the cauliflower and cheese combination. I also love mac & cheese. AND I love soup. Cauliflower Mac and Cheese Soup. Boom!

This is a really easy recipe to make. You boil macaroni noodles in chicken broth. While they cook you soften the riced cauliflower in the microwave. Once the noodles are cooked, this is important...don't drain them. I'm going to say that again: DO NOT drain them. Instead, you add a mixture of milk and flour to the pasta and cooking water. The milk and flour mixes with the water to turn it into a creamy soup. Add in your softened cauliflower, and a lot of cheese, and you're done! Super good, Right?

Cauliflower Mac and Cheese Soup

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Yield: 4 servings

Prep Time: 0 minutes

Cook Time: 15 minutes

Total Time: 15 minutes

Ingredients:

4 cups low-sodium chicken
or vegetable broth
3/4 tsp. salt
1 cup uncooked elbow
macaroni noodles
1/4 cup flour
1/8 tsp. cayenne
1 and 1/2 cups milk
16 oz. riced cauliflower (about
4 cups riced or 1 medium
head of cauliflower)
8 oz. sharp cheddar cheese
(about 2 cups of shredded
cheese)
1 Tbsp. Dijon mustard
salt and pepper to taste

1. Put a large pot or Dutch oven over high heat. Add the chicken broth. Cover the pot and bring it to a boil. When the broth reaches a boil add the salt and the macaroni elbows. Return it to a boil and then reduce heat to a simmer. Stir occasionally until cooked, about 7 minutes. Remove from heat but do not drain.
2. While the broth is coming to a boil, measure the flour and cayenne into a mason jar. Add the milk and put the lid on the jar. Shake it a lot, tipping it around and upside down to dislodge all flour and to get it well blended. Set aside.
3. Put the riced cauliflower into a large microwave-safe bowl and microwave them 2 minutes at a time until tender, about 4-6 minutes.
4. Shred the cheese.
5. By now the noodles are probably cooked. Remember, don't drain them just remove the pot from the heat. Give your mason jar of flour another good shake and then add it to the pot all at once. Stir. Return the pot to high heat and bring it to a boil, stirring often. Add the cauliflower and the Dijon.
6. Remove pot from heat and stir in most of the cheese, saving about 1/4 cup for a garnish if desired. Season to taste with salt and pepper. Serve garnished with the reserved cheese.



Cauliflower Rice Bowl

By Christine Pittman

A delicious rice bowl that uses cauliflower rice instead of regular rice.

This recipe is a rice bowl (the kind of thing you might order at Chipotle) that uses cauliflower rice instead of rice.

What you're going to do is make up a batch of cauliflower rice as discussed earlier. Then you put it into bowls and top it with all kind of stuff. You can go in a Mexican direction and make it Chipotle-style. Or you can do something totally different.

I went with totally different.

This not-rice rice bowl has chickpeas, avocado, cucumber, radishes, sunflower seeds and fresh dill.

Cauliflower Rice Bowl

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The most delicious, and frankly amazing, part of this recipe though is the dressing. It's literally just hummus, olive oil, lemon juice, salt and pepper mixed together. The oil and lemon juice thin down the hummus into a dressing consistency. The result is crazily delicious.

Enjoy!

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 5 minutes

Total Time: 15 minutes

Ingredients:

1 Tablespoon plus 1/4 cup mild-flavored olive oil, divided
16 oz. cauliflower rice (4-5 cups uncooked)
1/4 cup hummus
2 teaspoons lemon juice
1/8 tsp. salt
1/8 tsp. black pepper
1 (14 oz.) can low-sodium chick peas, drained
2 avocados, chopped
1/2 English cucumber, sliced
8 radishes, sliced
4 Tbsp. toasted sunflower seeds
1/4 cup fresh dill fronds

1. Warm a large skillet over medium heat. Add 1 tablespoon of the olive oil and heat.
2. Add the cauliflower, stir, cover and reduce heat to low. Cook until soft, about 5 minutes. Remove from heat.
3. In a small bowl, whisk together the hummus, remaining 1/4 cup olive oil, lemon juice, salt and pepper until smooth. This may take a minute.
4. Divide cauliflower among 4 deep bowls.
5. Top with chickpeas, avocado, cucumber and radishes.
6. Divide hummus dressing among the bowls.
7. Top with sunflower seeds and dill.

Cauliflower Fried Rice

By Christine Pittman

A tasty fried rice recipe that uses riced cauliflower instead of regular rice. Quick, easy and delicious!

This recipe is from my good friends over at [Produce For Kids](#). I love their recipes. They're always full of healthy ingredients and so many great ideas. I know you're gonna love this one as much as I do!

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 0 minutes

Total Time: 20 minutes

Ingredients:

cooking spray
2 large eggs, beaten
1 Tbsp. olive oil
1/2 small onion, finely diced
1 cup frozen peas and carrots mix
2 cloves garlic, minced
16 oz. riced cauliflower
1/4 cup low-sodium soy sauce
4 green onions, greens chopped

1. Heat large skillet or wok over medium heat and spray with cooking spray. Add eggs and cook 2 minutes, or until cooked through. Remove from pan and set aside.
2. Return skillet to heat and add oil, onions, peas and carrots, and garlic, and cook 4-5 minutes, or until softened.
3. Increase heat to medium-high. Add cauliflower and soy sauce. Mix well, cover and cook 7-10 minutes, stirring frequently, or until the cauliflower is tender.
4. Remove from heat, mix in scrambled egg and top with green onions.





Baked Latkes With Cauliflower

By Christine Pittman

These are crunchy baked latkes that are full of the usual potato goodness but also have some nice healthy cauliflower in the mix. Yum!

I grew up eating my Baba's and my Mom's amazing Ukrainian-style potato pancakes. I loved them. But they're fried in quite a bit of oil and don't really fit into the way I eat these days. I just spurge and have them very rarely, but I wish I could have the flavor more often.

I remember years ago trying to make my mom's basic potato pancake recipe and then bake it instead of pan-frying it. It never worked very well. What I did was to oil a pan and then put the batter in piles on the pan and then oil the tops and bake them. They never really browned or tasted right. I was never happy with them.

When [Produce For Kids](#) asked me to do a baked cauliflower latkes recipe I thought back to those past experiences. What was I going to do?

Baked Latkes With Cauliflower

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I thought back to other baked recipes that I've done that have turned out nice and crunchy and wondered what was different about them. One of my most successful hacks is to make a breading that has oil mixed right into it. Then when it bakes, the oil is on all sides of all the bread crumbs and so everything browns up and crisps up really nice. [Here's a boneless chicken wing recipe that uses this oil-in-breading technique.](#) I decided to try something similar for the cauliflower pancakes. Instead of putting oil on the pan and outside of the pancakes, I mixed it right into the batter.

Success!

These baked latkes are so crunchy and delicious. I know you're gonna love them. So much.

Yield: 8 servings

Prep Time: 15 minutes

Cook Time: 40 minutes

Total Time: 55 minutes

Ingredients:

3 medium baking potatoes

2 cups cauliflower rice

1 and 1/2 cup shredded lowfat cheddar cheese

2 large eggs, lightly beaten

1/2 cup all-purpose flour

1/2 tsp. salt

1/2 tsp. garlic powder

1/4 tsp. black pepper

3 Tbsp. olive oil

3/4 cup plain Greek yogurt

2 green onions, chopped

1. Preheat oven to 400°F. Line 2 large baking sheets with parchment paper and set aside.
2. Grate potatoes and place on clean kitchen towel. Wrap towel around potatoes, hold over sink and squeeze to remove as much liquid as possible.
3. Transfer potatoes to large bowl. Stir in cauliflower rice, cheese and eggs. Stir in flour, salt and pepper. Add oil and stir.
4. Scoop 1/4 cup batter onto prepared baking sheet. Shape into a 3-inch flat circle. Repeat with remaining batter on both baking sheets, forming 16-18 latkes.
5. Bake 30 minutes, or until set and browned underneath. Flip and bake 10 minutes, or until lightly brown on the bottom. Serve topped with Greek yogurt and green onions.



Cheesy Cauliflower Tots

ByChristine Pittman

Who loves tater tots? We do! So today we're switching things up and using cauliflower rice and cheese in our tots. Oh yeah.

Everyone loves tater tots, right? Well, we've been telling you how to use riced cauliflower as a substitute for carbohydrates. Tots are a great place to push that cauliflower substitution thing even further. Make up some homemade tater tots but use riced cauliflower instead of potato. They're adorable and kids seriously love them.

This recipe is from [Produce For Kids](#). Thanks for letting us share it, guys! We <3 you!

Cheesy Cauliflower Tots

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Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

16 oz. riced cauliflower (store-bought or [find out how to make your own here](#))

1 Tbsp. water

1 large egg

1 cup shredded Cheddar cheese

1/2 cup Panko breadcrumbs

1/4 tsp. salt

1/4 tsp. pepper

1/4 tsp. garlic powder

1. Preheat oven to 400°F. Spray 24-cup mini muffin tin with nonstick cooking spray and set aside.
2. Place cauliflower in microwave safe bowl with water and microwave on HIGH 4 minutes. Let cool. Transfer cauliflower to kitchen towel and wring out excess water.
3. Mix cauliflower, egg, cheese, breadcrumbs, salt, pepper and garlic powder in large bowl. Scoop evenly into prepared muffin tin.
4. Bake until golden brown, 20-25 minutes.

Contributors

Many thanks to our writers for this edition of *The Cookful*.



Amy Bowen, editor

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at *The Cookful* and is the primary editor for this ebook.



Christine Pittman, editor

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Christine is the Founder and Senior Editor of *The Cookful*. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Tawnie Kroll

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Tawnie Kroll is a California based food blogger and healthy recipe developer. She is a Registered Dietitian Nutritionist and a lover of cooking and baking! Follow her blog for recipes, healthy living tips and practical scientific evidenced based advice to help you improve your health and wellbeing.



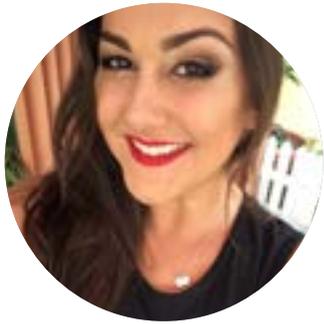
Allie McDonald

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Allie is an avocado obsessed, hot pepper junky with a serious passion for food. When she isn't adding to her cowgirl boot collection, you can find her in the kitchen, with her apron covered in the day's creations. She's the blogger behind Miss Allie's Kitchen, a food blog dedicated to creating whole and healthy recipes to inspire home cooks.

Contributors

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Jamie Silva

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Jamie is the blogger behind A Sassy Spoon, where she inspires you to celebrate the good things in life - food and travel! She shares accessible recipes ranging from easy everyday dishes, party food, and Cuban-inspired meals, as well as entertaining ideas and fun travel guides. Whether on a road trip or in the kitchen, she's always thinking of her next recipe, next party, or next trip.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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