



PAPRIKA SPICED CAULIFLOWER

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Cauliflower is an incredibly nutritious cruciferous vegetable. This group of plants is known for its low-calorie count and high nutrient content including a variety of vitamins, minerals, and antioxidants that the body needs to function optimally. Other vegetables which fit into the cruciferous vegetable category include broccoli, Brussels sprouts, bok choy, cabbage, collards, and kale. Cruciferous vegetables, like cauliflower, are unique because they contain sulfur compounds called glucosinolates which, research shows, possess inflammation-reducing and cancer-fighting properties. It is high in vital nutrients such as potassium, manganese and folate. It's high fiber content aids in digestion.

Here's a simple, delicious way to prepare it as a side dish or a snack.

1 head	cauliflower cut into bite sized florets
2 – 3 Tbsp	water
2 teaspoons	salt
2 – 3 Tbsp	olive oil
1 large	sweet onion - diced
2 cloves	garlic, finely minced
1 Tbsp	Hungarian paprika (regular)
1 teaspoon	smoked paprika (optional)
2 Tbsp	fresh parsley - chopped

- Place the cauliflower florets into a large skillet or dutch oven, (needs a lid) whichever will hold all the cauliflower. Add the water and salt and cover, steaming on medium low heat until it is tender to your liking. Remove the cauliflower to a large bowl.
- In the same skillet, add the olive oil and chopped onions. Saute on medium heat until the onions are tender but not browned. Add the garlic and cook for another minute or so.
- Now add the paprika and the chopped parsley. After just a minute (because the paprika will burn easily) add the cauliflower back to the pan and stir to coat thoroughly. Turn off the heat. Add more salt if needed to your taste.



Maggie's Notes

- Smoked paprika can be very strong so don't overdo that if you use it.
- You can easily **turn this into a soup** by adding some chicken or veg stock and simmer for about 5 – 10 minutes more. Add some sliced carrots to add volume or even add some of your favorite noodles. If you want to thicken this soup, beat one egg in a cup, add ½ cup of parmesan or pecorino cheese into the egg and stir into the simmering soup.
- If you don't like cauliflower, the recipe is fantastic on potatoes!!

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