

Cauliflower Hash

Chop the entire head of cauliflower into thin match sticks.

You could also use a metal cheese grater or food processor.

In a large cast iron skillet on medium heat, cook bacon until fat is rendered. Add onion, sauté until just translucent. Add cauliflower. Cook until soft and slightly browned. You may need to add a couple tablespoons of water to soften the cauliflower. Sprinkle with paprika and parsley. Salt and pepper to taste. Enjoy!

In the field of nutrition, there is a lot of talk about the importance of "eating the rainbow." Although it is true that brightly colored foods provide a wide variety of powerful phytochemicals, there are a few note-worthy exceptions.

Protected from the sun by its own leaves, hue-less cauliflower is both delicious and loaded with health promoting nutrition. As a member of the cruciferous family (like broccoli and cabbage), the humble cauliflower is a good source of cancer fighting compounds, sulforaphane and 13C and is a palatable option for those of us who don't love vegetables.

- Cauliflower is figure-friendly. 1 cup has only 26 calories.
- Packed with nutrition, cauliflower provides vitamin C, B vitamins (including folate), minerals and fiber.
- Mashed cauliflower makes a fantastic substitute for potatoes. HINT: My sister discovered that combining 1 part cauliflower with 1 part cannelloni beans makes a creamier concoction. Mash together and season with garlic, olive oil, rosemary, salt and pepper- YUM

Cauliflower for breakfast?

It is easier and more delicious than you might imagine.

Cauliflower hash is a tip passed on from one of our nutrition-coaching clients (Thank you, Lori). She preps a large batch on Sunday and just reheats it all week. Enjoy with eggs.