



## **Slow Food San Benito Bounty Spicy Cauliflower**

### **Ingredients**

1 Tbsp vegetable oil  
1 head cauliflower  
1 ½ cup plain Greek yogurt  
1 lime, zested and juiced  
2 Tbsp Hazmat sauce (or chile powder)

1 Tbsp cumin  
1 Tbsp garlic powder  
1 tsp curry powder  
2 tsp sea salt  
1 tsp white pepper

### **Directions**

Preheat oven to 400° and lightly grease a small baking sheet with vegetable oil.

Trim the base of the cauliflower. Remove any green leaves and the woody stem.

Combine the yogurt in a bowl with the lime zest and juice, Hazmat sauce, cumin, garlic powder, curry powder, salt and pepper.

Drop the cauliflower into the bowl and cover with the marinade. (Leftover marinade can be stored in the refrigerator in an airtight container for up to three days. Use with meat, fish or other veggies.)

Place the cauliflower on the prepared baking sheet and roast until the surface is dry and crusty and lightly browned, 30 to 40 minutes.

Let cool for 10 minutes before cutting it into wedges. Suggest serving with a big green salad.

Recipe courtesy of Nants Foley



### **Ann's Favorite Cauliflower Mashed Potatoes**

1 head of organic cauliflower cut in to small florets  
1 large red potato, peeled and cubed  
2 cloves garlic (optional)  
Butter optional  
Toppings such as salt, pepper, chives, Greek yogurt

#### **Directions:**

Add florets and potato to a large pot of water (salted optional). Bring to a boil and let cook until soft. Drain out water and mash with a potato masher. Add butter and salt and pepper and whip with an electric hand mixer. Top with chives, cheese, Greek yogurt ....

Recipe courtesy of Nants Foley



### Quicksilver Farm Classic Frittata

2 TB Olive Oil  
1 cup chopped fresh broccoli  
2-3 TB chopped onion  
1 tsp crushed or chopped garlic

2 TB Hazmat sauce  
salt and pepper to taste  
6 eggs  
1/3 cup milk  
1-1/2 cup cheese (use your favorite)

Those are the basic ingredients, but let your imagination soar! Cooked potatoes, bell peppers, fresh corn, bacon, sausage, shrimp...add whatever you have at hand.

During the summer, tomatoes are a great addition to slice and add over the top at the last minute to warm through.

There are two ways to cook a frittata—either on the stove-top or bake in a pie plate. The stove top is a quick and easy method if you are using raw vegetables. You cook them in some olive oil and then pour on your eggs. If you are using already cooked potatoes/vegetables (ie leftovers) it is faster to put everything in a pie plate and bake in the oven

**Stove-top method:** 1- Heat olive oil in a skillet over medium heat. Place broccoli and onion in the skillet, cover and cook for about 10 minutes. Toss in the garlic, season with salt and pepper. Continue cooking for 1-2 minutes.

2-In a medium bowl, beat together eggs, milk and Hazmat. Pour the eggs into the skillet over the vegetables. Sprinkle with cheese. Reduce heat to low, cover and cook for 5-7 minutes or until the eggs are firm and set on top. Serve

Oven Method: 1- Layer slices of cooked potatoes or chopped vegetables of choice on the bottom of a buttered or oiled pie plate. Pour over the egg, Hazmat and milk mixture and top with cheese. Season with salt and pepper. Bake at 400 for 25 minutes or until set. Enjoy!

Recipe courtesy of Nants Foley



### **Karminder's Favorite Broccoli**

Microwave broccoli florets until done to your liking. Sprinkle with cheddar cheese and splash with soy sauce.

Kids love it!

Recipe courtesy of Nants Foley