
Hidden Veggie Surprises

Crispy Breaded Cauliflower Wings

These wings will make you want to devour a whole head of cauliflower in no time (sneaky vegetable hack), which isn't such a bad thing, considering cauliflower is loaded with vitamins C, K, B5, B6, folate, choline and fiber. This recipe packs in BIG flavor for the perfect plant-based snack or side.

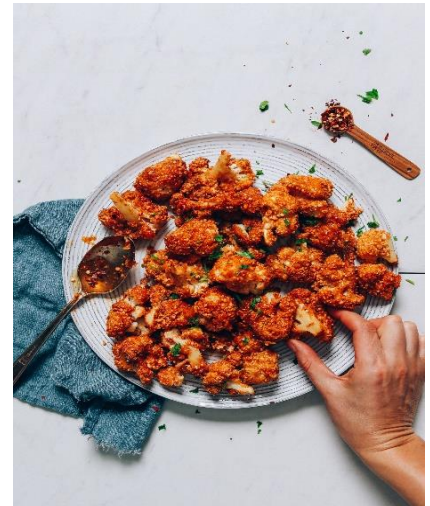
Adapted from www.minimalistbaker.com

Ingredients

- 1 medium-sized head of cauliflower (cut into bite-sized florets)
- 1 healthy pinch each of sea salt and black pepper
- 2 large eggs, beaten
- 1 ½ cups raw cashews (sub almonds or almond flour)
- 1 ¼ tsp sea salt
- ¼ tsp cayenne pepper
- ¾ tsp garlic powder
- 1 tsp smoked paprika
- 2 tbsp arrowroot starch (sub cornstarch or potato starch)
- 1 spritz avocado oil (optional)
- 2 tbsp honey
- 3 tbsp hot sauce (sub buffalo sauce)
- 1 pinch red pepper flakes (optional)

Instructions

1. Preheat the oven to oven to 425 degrees F and line a large baking sheet with parchment paper. **Tip:** Cook the cauliflower in the upper third of the oven to prevent the bottoms from burning.
2. Add cauliflower florets to a large mixing bowl and season with a bit of salt and pepper. Toss to combine. Reserve this bowl for later.
3. Crack eggs into a separate, shallow bowl and whisk. Set aside.
4. Prepare cashew coating by adding cashews, salt, cayenne pepper, garlic powder, paprika and starch to a food processor or powerful blender. Mix until a semi-fine meal is achieved. A little texture is ok, but you want it fairly fine so that it coats the florets. Transfer coating to a shallow dish (to allow dipping the cauliflower in) and set aside.



5. Dip a few cauliflower florets at a time into the egg bowl, ensuring all sides are well coated. Shake off excess. Transfer to cashew coating and toss until thoroughly coated, making sure to cover any bare spots.
6. Arrange coated cauliflower on prepared baking sheet. Spritz with avocado oil to help them crisp up (optional).
7. Bake for about 20 minutes or until florets appear golden-brown.
8. In the meantime, prepare your glaze. Add honey, hot sauce and red pepper flakes to a large saucepan and stir frequently over medium-low heat, until it bubbles.
9. Transfer cooked florets to the large mixing bowl (from earlier) and top with glaze. Gently toss to combine.

Butternut Squash Mac n' Cheese

Think noodles with sauce that will secretly give you vegetables. Creamy sauce without boatloads of butter or flour. A favorite comfort food that sneaks in a little nutrition for the win!

Adapted from www.pinchofyum.com

Ingredients

- 2 cups uncooked elbow macaroni (whole wheat, low-glycemic, gluten-free...)
- 1 tbsp butter
- 1 small yellow onion, cut into thin rings
- 1 small butternut squash, cut into cubes (about 4-5 cups)
- 5 cups vegetable broth (sub chicken broth)
- $\frac{3}{4}$ cup milk of choice
- 1 tsp salt
- $\frac{2}{3}$ cup shredded cheese (Gruyère is excellent, but any cheese or cheese blend will work)
- Parsley for topping (optional)
- Salt and pepper to taste



Instructions

1. Cook the macaroni according to package directions. Drain and set aside. Heat the butter in a large skillet over medium-low heat and add onions, sautéing until fragrant and golden-brown.
2. Add broth to a large pot and bring to a boil. Add the cubed squash, cooking for 5-7 minutes or until tender.
3. Drain the broth, reserving about $\frac{1}{2}$ cup, and transfer squash to a blender. Add onions, milk, salt, and reserved broth and puree until creamy (this should yield about 4 cups).
4. Pour the pureed sauce over cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency if needed. Serve with parsley, salt and pepper to taste.