

A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

Hero Vegetable: Cauliflower

Cauliflower Chocolate Sauce

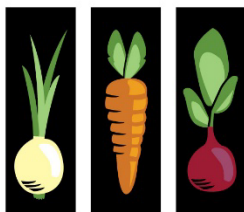
Ingredients:

- 1 cups milk chocolate chips
- $\frac{1}{2}$  cup cauliflower, riced
- $\frac{1}{2}$  cup heavy cream
- $\frac{1}{2}$  tsp vanilla
- $\frac{1}{4}$  cup sugar

Directions

Place the chocolate chips in a small mixing bowl. Set aside. Heat the cauliflower, sugar, and heavy cream in a small saucepot over medium heat until it comes to a boil. Be sure to stir it consistently to avoid burning. Remove from heat. Take a submersion blender and puree it until smooth. Pour the mixture over the chocolate chips. Cover the bowl with plastic wrap and let sit until the bowl has cooled down, about 5-8 minutes. Stir the chip mixture until smooth. There should not be any lumps. Drizzle over crepes or any dessert.

\*Tip- Mini chocolate chips melt much faster than the regular size.



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### Cauliflower Chocolate Chip Banana Bundt

#### Ingredients:

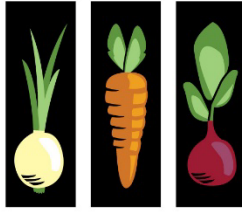
- $\frac{1}{2}$  cup cauliflower
- 3 very ripe bananas (about  $1 \frac{1}{2}$  cups)
- 2 eggs
- $\frac{1}{2}$  cup whole milk
- 2 tsp vanilla
- $\frac{1}{2}$  cup brown sugar
- $\frac{1}{2}$  cup granulated sugar
- 2 tsp baking powder
- $1 \frac{1}{2}$  cups flour
- 1 cup chocolate chips
- heavy pinch of salt

#### Directions

Preheat your oven to 350F. Grease a Bundt Pan. Set aside.

Puree the cauliflower in a blender along with the whole milk. In a mixing bowl, mash the bananas. Beat in the eggs, vanilla, both sugars, and cauliflower milk until well combined. Add in the flour, baking powder and salt. Beat until just combined. Fold in the chocolate chips. Pour the batter into the prepared cake pan.

Bake for 50-55 minutes. Take the bread out of the oven and let it sit in the pan for 15 minutes then turn out onto a cake plate. The consistency of the bread will be smooth, almost like a bread pudding but not too sweet.



A TASTEFUL PLACE  
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Hero Vegetable: Cauliflower

Cauliflower Fried Rice

Ingredients:

- 3 Tbs soy sauce
- 3 Tbs sesame oil, divided
- 2 eggs, beaten
- 1 head cauliflower, riced (about 3-4 cups)
- 1 cup vegetables, diced
- Salt and white pepper to taste

Directions:

Heat a wide shallow pan and coat with cooking spray. Pour in the beaten eggs and cook, stirring a few times to form scrambled eggs. When you can visibly see the eggs are completely cooked through, transfer them to a plate. Set aside.

In the same pan, sauté the vegetables in 2 tablespoons of sesame oil over medium high heat until slightly tender. Stir in the soy sauce, then the riced cauliflower. Gently toss the cauliflower until it has incorporated all the soy sauce throughout.

Sprinkle with salt and white pepper if needed. Break up the scrambled eggs and sprinkle them over the fried cauliflower. Serve immediately.