

Eggplant, Potatoes, Tomatoes & More!



Last week, I gave my family members a sincere promise that I would move on from my Indian food obsession and so, with some reluctance, I have. Now that June is rolling in and Texas produce is hitting its peak, I welcome back some old friends in the forms of shiny purple eggplants, first of the season tomatoes, and gorgeous new potatoes. With such perfect examples of summer vegetables, who else could I turn to but Yotam Ottolenghi for guidance. Right there in Plenty More, I came across exactly the recipe to honor these first summer arrivals. Originally billed as a brunch dish, I think it works equally well in the evening, served after a crispy salad of romaine.

Ingredients

4 medium tomatoes, peeled and cut into a 1cm dice
 $\frac{1}{2}$ small red onion, peeled and finely chopped
1 Tbl white wine vinegar
 $\frac{1}{2}$ cup parsley, chopped
 $1\frac{1}{2}$ Tbl Sriracha (or other hot savory chilli sauce)
Salt and black pepper

2 medium eggplants, cut into 1-1 1/2 inch chunks
1 cup olive oil
1 cup sunflower oil
1.5 lbs Yukon gold potatoes (or fingerling), peeled and cut into 1/2 inch thick slices
1/2 cup tahini paste
2 1/2 Tbl lemon juice
1 small garlic clove, peeled and crushed
6 eggs (optional)
1 tsp sumac
1 Tbl coriander, chopped

Full Directions Here

While the first round of veggies simmer, I page longingly through both Jerusalem and Plenty More, tagging pages to refer back to for inspiration. By the end, it looks as if I've selected enough recipes to keep me busy for another week or two, probably just long enough to break my addiction to Indian food and not too long that I must drag the heavy volumes along for my July travels to Germany.

And so today, a single day after, one lonely portion awaits the first family member who wisely begins an early search for a midday meal. I can only imagine, since it won't be me, that the lucky recipient will find it even more tasty than last night as the flavors all have had just enough time to blend. As for me, I'm already looking ahead at the recipe line up for next weekend.

Happy cooking!

On The Homestretch & A Green Bean Salad



So, it's come to this and I am really not sure if it's even such a bad thing. I have a confession: After a beautiful morning swim at Barton Springs pool, I admit I then spent a good portion of my Mother's Day writing a chapter on the importance of babies pooping on a regular basis. Well, to be exact, the chapter is on the vital role of healthy elimination that begins at birth.

I don't know if I would have believed this of myself five years ago when my dream Mother's Day was to sleep in, be served breakfast in bed, and read. While there's nothing wrong with that scenario (At all!), it's just not where I happen to be right now. In reflection, I also can't think of any greater tribute to mothers than dedicating my time to a book that offers support as we raise the next generation. If I have any positive influence, it will be for a generation that is healthier and wiser about maintaining their own health.

That's my true confession of the week with the exciting news that the end is in sight! (At least as far as my writing is

concerned anyway.) It won't be long before we can pass this manuscript of *Supporting Babies and Young Children with Gemmotherapy* along for editing and then design. Sighs of relief will be audible from all of us in the office and no doubt my sweet family.

And now a bit about green beans...



Haree Phalee Salad

(Green Beans, Cashew, and Coconut)

I haven't met a vegetable I don't love but some admittedly are just so-so. Green beans happen to fall in that category for me, most likely because I was raised on the Del Monte canned version that don't taste like any vegetable I know. As green bean season hits it's short stride here in Texas before the oppressive heat sets in I found myself searching for something new. Fortunately for me, my own copy of Meera Sodha's *Fresh India* arrived in the post this weekend offering several enticing options. The flavor combinations of tamarind, cashew, and coconut won me over and the results may have turned me into a green bean consumer!

Ingredients

700g green beans

40g fresh or desiccated coconut (I used large flakes)

2 Tbl oil (I used coconut)

$\frac{1}{2}$ tsp black mustard seeds

4 shallots

150g unsalted raw cashews

1 $\frac{1}{2}$ tsp tamarind paste

1 cayenne chili or a pinch of cayenne powder to taste

$\frac{3}{4}$ tsp salt

1. Clean green beans, remove tops and tails, and blanch in large pot of salted boiling water for 3-4 minutes. Beans should be tender yet crisp. Rinse in cold water immediately to stop the cooking process and allow to dry.

2. Dry roast coconut in pan over low heat, tossing gently, take care not to burn. Set aside on small plate to cool.

3. In a large skillet, heat the oil, adding mustard seeds and cooking until they pop.

4. Add sliced shallots, sauteing over low/medium heat until soft and slightly brown.

5. Add cashews cooking further until golden brown.

6. Add tamarind paste, chilies or chili powder and salt followed by the green beans. Toss to mix.

7. Once beans are warmed through, transfer to plate to serve.

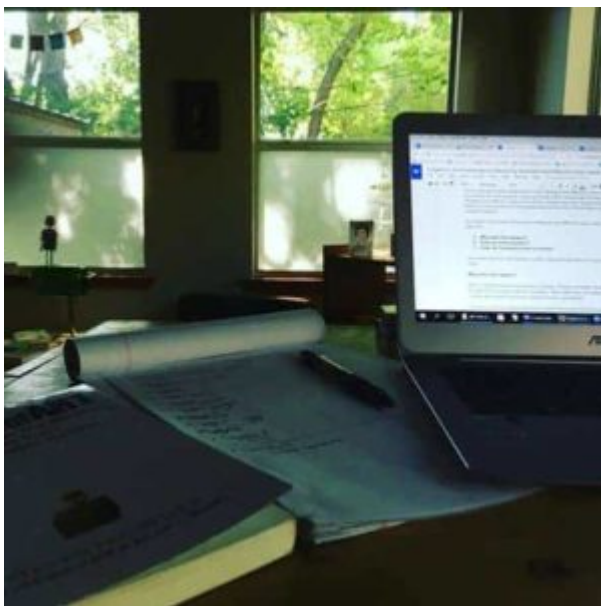
Enjoy!

Cauliflower Korma & My Next Big Project

So, last week Aaron and I laid out a backward plan in which for me to complete the chapter drafts of my next book on Gemmotherapy for Babies and Young Children. By all estimations, it's a pretty rigorous schedule. But, then again,

that's how I seem to function at my best. When we wrapped up the plan, Aaron asked if it wasn't a bit much to fit my blog writing in as well and, even I had to admit, there just wasn't much space left for any further creative endeavors even if it was a short blog post each week. I said I'd think about it this weekend and get back with her.

This leads me to the most beautiful spring writing day that could exist for an Austin author. Overnight, the temps dropped by 20 degrees and I woke to a soft steady rain. Perfect! My absolute favorite writing weather. No distractions in sight beckoning me outdoors for an extra long swim or some re-potting in my herb garden. Here I had a whole gorgeous gray day ahead and three chapters open in Google Docs.



Off I push through one page turning chapter after another, topics ranging from acid reflux to blow out stools. It's the stuff I dreamed of writing about as editor of my high school newspaper, destined to partner in the next Woodward and Bernstein reporting team... OK, maybe not so much.

Regardless, it certainly seems to be what the Universe has called me to do and there is no doubt I am passionate to share what I've come to know with parents, grandparents, and caregivers of the next generation. So, with a beautiful rain

falling outside and Ruby the office cat nearby, I find myself two chapters in and take a well deserved tea break. What happens to catch my eye? Meera Sodha's, Fresh India on my waiting room table. Hmmm, I'll just take a peek while my tea brews. I mean isn't this the ideal weather for Indian food bubbling away on the stove top?



Before I know it, I've assembled across my counter all of the ingredients for Cauliflower Korma with blackened raisins, Moong Dal Tarka, and Grain free nan. What could taste better on a day like this? Seriously?

Well, now is where the bargaining comes in because that is every artist/ writer's curse. It's a well honed skill I must say and this is the deal I make with myself: Finalize the two chapters I blocked out in the morning and lay out the content for the next one, then I can at least get that Cauliflower in the oven. The. rest. can. wait. But somehow it doesn't.

One pan of sizzling coconut oil with turmeric and shallots leads to another of blistering raisins. The kitchen smells divine by the way. And then it comes to me! "Brilliant" I say out loud to no one but the inattentive cauliflower. But of course, I will write my blog, these upcoming weeks, on all that I choose to do instead of writing, because trust me: This is good stuff! If you are or live with a writer, artist, creative soul, etc. then you know exactly what I mean. Set a deadline and everything you haven't done all year starts to get done. For me, this is the time when I organize and sort my

closet by color, stage my pantry as if I'm preparing it for a photo shoot, plant 8 types of basil, and cook really amazing meals. Steven Pressfield may call what I am doing resistance. I call it enriching my creative spirit, or something more or less like that.



So aren't you curious now about that Cauliflower Korma? I knew you would be! Here you go, my adapted version:

Ingredients

2 large cauliflower heads, cut into florets

Coconut oil

Salt

1 large onion, finely chopped

1 inch of ginger, grated

$\frac{3}{4}$ tsp of ground cardamom or ground seeds from 8 pods

1 tsp black pepper

2 tsp garam masala

$\frac{1}{2}$ tsp chili powder

2 Tbl honey

1.5 cups of raw cashews, soaked in 1 can of coconut milk

Handful of golden raisins, toasted in frying pan on medium heat until puffed and begin to blackened

Handful of chopped almonds, toasted in frying pan until light in color over medium heat

Directions

1. Preheat oven to 425 degrees.

2. Toss cauliflower florets with coconut oil and salt, spreading out in one layer on parchment paper lined baking sheets.

3. Bake for 30 minutes until edges begin to color and single pieces can be pierced with a fork.

While cauliflower bakes,

4. Saute onion in 3 Tbl of coconut oil with a sprinkle of salt, cooking until soft for 15 minutes on medium heat.

5. Add grated ginger and spices stirring further for 3-5 minutes.

6. Blend coconut milk and cashews in high speed blender until smooth, add to spices, salting to taste.

6. Cook sauce another 5-10 minutes until golden in color. Thin with more coconut milk if desired.

7. Add cooked cauliflower as it finishes roasting, stirring well to blend flavors.

8. Transfer to serving dish and top with raisins and almonds.

Stay tuned for next week's update. It will be cause for celebration if I am on schedule AND I've opened up my own test kitchen!

Heidi Swanson's Leek Soup With Hazelnuts



If you could prepare only one more soup before spring weather turns to summer this would be my suggestion. I turned to Heidi Swanson for help when an abundance of gorgeous spring leeks filled my weekly CSA and I was unable to keep up by merely adding them to sauces and curries. Heidi's recipes have never disappointed and this one has been elevated to even new heights on our family scale. Be prepared for something special and make enough to share with a friend.

Ingredients

2 Tbl coconut oil
3 medium(4-5 baby) leeks, washed and chopped
Zest of 2 lemons
9 cups water
2.5 tsp sea salt
2 cups cooked rice
2 cups of white cannellini beans, drained and rinsed
1 cup coconut milk
2 cups cauliflower, broken into small florets
5 oz. prepared dried wide egg noodles or fresh (I used Cappello's brand located in the freezer section.)
 $\frac{1}{2}$ cup hazelnuts, roasted and chopped
Chives, dill, lemon, and olive oil to serve

Directions

1. Saute leeks in oil until soft and begin to color (approx

7mins).

2. Stir in lemon zest, salt, and water and bring to simmer.
3. Add in the cooked rice, drained beans, and coconut milk.
4. Return all soup contents to a simmer with a final addition of the cauliflower and noodles.
5. Bring everything to a simmer again and cook until cauliflower is tender.
6. Top bowls with chopped nuts, fresh herbs, a squeeze of lemon and drizzle of olive oil.
7. Enjoy every last bite!

You'll find this recipe and much more in Heidi's latest cookbook, *Near & Far!*

Bake Your Own Flat Breads

I've raised three creative children who are, each in their own right, gifted in the kitchen. While the oldest two girls are fully launched with kitchens of their own, I still share mine with my youngest, Sebastian. To say he is an obsessive maker is hardly an exaggeration. And though much of his work is done with a forge or torch, my kitchen often serves as a laboratory for his latest experiments. It's not a bad thing (most of the time) as we often benefit from his successes.

Late last fall Sebastian began trying his hand at a variety of ethnic flat breads, testing out different gluten free flour combinations. The results were definitely tasty, but I personally had a problem with the additions of rice flours, tapioca starch, or arrowroot. I desired a clean and basic recipe as close to whole grain as possible so I joined in with his efforts. Thus began an all out quest for recipes which used whole gluten-free ingredients without fillers.

Wanting to encourage his work and knowing his love for tools, I gifted him with an electric flat bread baker. I settled on this model by Gourmio as the reviews were good and the price was moderate. I am not by any means an appliance collector and manage our small bungalow kitchen with the “use or donate” rule. However, this item caught my eye. The thought of a small oven that would keep Sebastian entertained and would not heat our house during the peak of our Texas summers was quite



appealing.

It wasn't long before we hit success so today I'll share the first round of three recipes that passed our test with flying colors. The fact that they are very basic makes them the perfect platform for endless variations! You will find below breads using whole sprouted quinoa, soaked millet, and chana besan. Let your imagination run wild as you discover herbs and spices to compliment the meal your bread will accompany.

Sprouted Quinoa Flatbread

I borrowed this bread from a pizza crust recipe, letting the quinoa soak long enough to sprout. The results are tangy and lightly fermented.

Ingredients

1.5 cup quinoa (covered by 1" of water and soaked overnight or

longer until sprouts form)
½ cup water
1 tsp baking powder
1 tsp salt
4 tbs olive oil
1 tsp Herbs de Provence (optional)

Directions

Drain and rinse quinoa, place in container or high powered blender with the remaining ingredients and blend until smooth. Pour directly onto heated surface of a Gourmio bread baker or into a heated and lightly oiled oven proof skillet or round cake pan.

Bake approx 4-6 mins on each side in bread baker and 10-15 mins on each side in oven.

Millet Flatbread

Realizing the quinoa recipe could be easily translated to a variety of gluten free grains, I put millet to the test. This produced a much denser bread than the quinoa with a mild pleasant taste. Simply follow the recipe above, replacing quinoa with millet.

Excellent with a teaspoon of Za'atar.

Socca

Socca, a traditional bread from Nice, France is another flatbread made with simple ingredients having multiple variations. It is equal parts chickpea flour and water, mixed with a tablespoon or so of olive oil and a pinch of salt. I prefer the chickpea flour from Vedica organics. They use the smaller Indian chickpeas that produce a flour lighter in

weight than what you might find from Bob's Red Mill. Take a look around their website while you are there for a wonderful selection of Indian products.

Ingredients

1 cup (4 1/2 ounces) chickpea flour

1 cup (8 ounces) water

1 1/2 tbs extra-virgin olive oil, plus more for the pan

1/2 tsp salt

Directions

Enjoy!

Girl's Weekend Recipes & Fun

Writing this on my flight back home to Austin from an annual get-together with my high school girlfriends and I just can't stop smiling. First and foremost, my smile is because I am literally filled to the brim with love for those amazing women. The other reason is for the outright healthy fun we had cooking and eating together. I realize girl's weekend doesn't naturally scream "plant based eating" in most circles but it does when you have friends like mine, who desired a change for themselves in 2017. And just to be clear- it wasn't me who made the suggestion of a plant based weekend, but rather my dear friend Dianne who was hoping for some firsthand experience and ideas to implement at home. While Dianne takes phenomenal care of herself in countless ways, cooking plant based felt like a big leap to her skill set. My job was simply

to demystify the process because she was already sold on the concept. If helping one buddy along wasn't satisfying enough on its own, we were joined by Sandra, cook and hostess extraordinaire, who was not only a willing participant but offered her skills as sous chef. Completely at home with veggie prep and plant based eating, Sandra's request was to get over her cheese addiction. Sound familiar?



Who could ask for more, right? Well, luckily for me, our gathering was planned for Santa Cruz, CA where finding gorgeous produce in January is not a problem. In fact, if there was any problem at all this past weekend, it was controlling my urge to buy up the entire Saturday morning market held just across from Twin Bridges State Park! When we hit our first Farmer's Market and I quickly realized January

in Santa Cruz is Veggie Heaven. Or at least that is how it felt to me. Outside of a spring market in France, I don't think I've ever seen so much bounty in one place AND it was all organic. What a treat! The challenge, of course, was controlling my desire to buy everything in sight.



Seriously, just check out our finds! I couldn't resist those baby romanesco and loved getting a lesson in choosing artichokes from this expert at Rodoni Farms. As a native Californian and lifelong consumer of artichokes, even I honestly had no idea that a larger stem indicates a larger heart and that a squeaky choke is the sign for freshness! I

honestly can't tell you how tempted I was to fill my suitcase with those organic beauties at 3 for \$5.



Along the way, our bags were soon brimming with handfuls of mixed baby lettuce, red potatoes, radicchio, clementines, plenty of fuyu persimmons, and more! With both Sandra and Dianne to keep me in check I was able to exert some constraint and we put together the following menus for the weekend:

Friday

Dinner: Pumpkin Thai Curry with Basmati Rice



Saturday

Breakfast: Citrus-Berry Smoothies

Lunch: Baby Greens Salad with Toasted Hazelnuts and leftover curry

Dinner: Steamed Artichokes followed by Romanesco and Potato Bake with Cashew Cheese Sauce



Sunday

Breakfast: Fresh, Local Persimmons, Tangerines and Grapefruit

Dinner: Baby Greens Salad with Almond Butter Dressing and a Feast of Roasted Veggies with two sauces to try- Lemon Tahini and Cilantro Lime Cashew.



I'll be filling this section with the recipes as the week goes

on, but here are a few of the sauces to get you started.

Cilantro Cashew Sauce

1 cup of soaked cashews (3 hours in cold water or $\frac{1}{2}$ hour in hot water; drain before use)

1 cup cleaned packed cilantro leaves

1 clove garlic, 1 small shallot, or 2 scallions (optional)

$\frac{1}{2}$ medium heat pepper (jalapeno is a good choice)

Juice from one lime

Sea salt to taste

2-3 tbsp olive oil

Unsweetened almond milk (use to thin to desired consistency)

Add all above ingredients to your food processor or Vitamix and blend til smooth. (We actually used an immersion blender because that's what we had and while the sauce was delicious, it was not as smooth as I would have liked.)

Lemon Tahini Sauce

$\frac{1}{2}$ cup raw organic tahini

Juice from 2 medium lemons

$\frac{1}{2}$ -1 cup water

Blend juice and tahini, then add water to achieve desired consistency.

Sea Salt to taste

This could not be easier to make! (These ingredients can be blended by hand, but an immersion blender does make for a beautiful consistency.)

Cashew Cheese Sauce

2 cups soaked and drained cashews

1 cube of veggie bouillon (Rapunzel)

3 cups of water

1 cup of organic unsweetened almond milk

Juice from one lemon

Salt to taste

Blend until smooth in high powered blender or with an

immersion blender. (While I play with a several versions of this recipe when I cook at home, we needed a quick and easy version for our dinner prep so this is what we used.)

Stay tuned for more to come!

Seasonal Sides VIII: Cabbage

I'll be wrapping up this series with what is probably one of the most neglected veggies in the produce aisle: Cabbage. And I'm really hoping I can entice you to give it try. Trust me, there is no harm done and so many great preparation methods to discover!



Perhaps you go for color with gorgeous red cabbage and saute it along with some apples. Or maybe you are intrigued by texture and opt for the savoy or napa and chop them into your slaw or kale salad. Neither direction disappoints. Cabbage, like carrots, hold their own reserved spot in my fridge and are worked into many a meal. Today I want to share one of my favorite ways to do that.

I didn't see a cabbage roll until I lived in Germany and, even as a vegetarian, it took an experience at small farm to table restaurant to catch my interest. The chef had prepared

delightful packages of savoy cabbage filled with wild rice, mushrooms, and hazelnuts. It was superb. Since that time, I have made several variations myself. I promise, this is super simple to do once you have a good basic recipe and learn to prep the cabbage.



Here's a recipe to get you started.

For the Rolls

1 cup wild rice mix (consider other grains such as quinoa or millet or a grain free option of chopped root veggies)

1 teaspoon avocado oil OR olive oil

1 onion, diced

3 cloves garlic, minced

8 oz. mushrooms, finely chopped

Pinch red pepper flakes

$\frac{1}{2}$ teaspoon dried thyme

1 teaspoon dried basil

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{2}$ teaspoon salt

1 large head savoy cabbage, leaves carefully removed

For the Sauce

15 oz tomato sauce

$\frac{1}{3}$ cup tomato paste

1 teaspoon garlic powder
1 teaspoon basil
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon thyme
 $\frac{1}{4}$ teaspoon smoked paprika
 $\frac{1}{4}$ teaspoon pepper
1 cup water

Seasonal Sides VII: Spaghetti Squash

We can always use one more spaghetti squash recipe and this one is so easily adaptable it makes a great go-to!



I have to admit, there are mixed feelings in our family when it comes to spaghetti squash but, since I happen to love it, we give it another try every so often hoping to sway the undecided voters. This basic recipe gets the best reviews. I do always increase the vegetable content with whatever I have on hand and play with the spices accordingly. Sometimes I will add sliced sauteed mushrooms and peppers and other times a bag of frozen spinach. Sauteed broccoli rabe, which is available through the winter here in Austin, is also a great compliment.

The prep with this dish is quite simple as the spaghetti squash will do it's own thing in the oven while you prepare the sauce in your blender or Vitamix. If you are able to keep the squash shells from breaking while releasing the "spaghetti" you can refill them with the strands covered with sauce for serving.

Enjoy!

Spaghetti Squash Ingredients

1 medium spaghetti squash
2 tsp extra virgin olive oil
2 tsp garlic, minced
salt & freshly ground pepper

Tomato Sauce Ingredients

$\frac{1}{2}$ cup raw cashews, soaked
1 15oz can fire roasted tomatoes, diced
 $\frac{1}{4}$ cup basil leaves, chopped
2 Tbsp water
 $\frac{1}{2}$ tsp salt red pepper flakes (optional)

[Full Instructions Here](#)

Carrot Fries

Oh, carrots! You have been so loyal to us all these years, yet are continually upstaged by the likes of Brussels sprouts and kale. It's high time carrots have their moment, rather than continually carrying the supporting role. What's not to love about carrots? They are available year round, ridiculous affordable, hold well in the fridge, and when not the featured dish, carrots are the perfect addition to soups, curries and salads.

So, here you go now: carrots, up front and center with a fun and tasty twist. These fries absolutely deserve the spotlight as a treat for all ages and certainly a one of kind take-along dish to your next gathering of friends or family.

Ingredients (carrot fries)

- 8 large carrots
- 1 Tablespoon avocado oil
- 1 teaspoon garlic powder
- salt and pepper, to taste
- fresh cilantro, optional

Ingredients (curry dipping sauce)

- $\frac{1}{2}$ cup raw cashews, soaked
- $1\frac{1}{2}$ Tablespoons red curry paste
- 1 Tablespoon coconut aminos
- 2 Tablespoons lime juice
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon red pepper flakes
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ cup water

Directions

1. Soak cashews the night before. Place in a small bowl and cover with water. Set aside. If you forget to soak them, add them to hot water while the carrots cook.
2. Preheat oven to 375 F.
3. Cut carrots in matchsticks. Place in a large bowl and mix with avocado oil, garlic powder, salt, and pepper. Place on two parchment lined baking sheets, spreading out evenly. Make sure they are not too close together.
4. Bake for 20 minutes, stir/rotate, and bake for another 15 minutes.
5. While the carrot fries bake, make the sauce. Place all

ingredients into a blender and blend until smooth.
6. Once carrots are done, sprinkle with fresh cilantro.

Enjoy!

Adapted from Eat the Gains

Originally published Dec. 7, 2016

Seasonal Sides IV: Brussels Sprouts

Members of the cabbage family, Brussels sprouts are in the same category as collard greens, broccoli, kale, and kohlrabi. There are actually many varieties available and some are even purple, such as the *Ruby Crunch* or *Red Bull*.



Early species of Brussels sprouts originated in ancient Rome. However, the cultivation of what we know today gained popularity during the 16th century among cultivators around Brussels, in the lowlands of Belgium, and the Netherlands. We in America have the French to thank for bringing them to Louisiana in the 18th century. Today, what you find at the

grocers were most likely grown in California along the coast.

Ever wonder how Brussels sprouts went from their long established previous status of “most despised” to leading top ten lists everywhere over the last decade? It all comes down to prep methods and believe me these li'l guys were never meant to be boiled! (I'd be lying if I didn't admit to hiding my share of Brussels sprouts in my napkin once upon a time.) We, along with Brussels sprouts growers, certainly give thanks to an inspired chef somewhere who had the insight to toss a layer into a roasting pan to see what would happen. While I so appreciate the simple results of this veggie lightly tossed in olive oil with a sprinkle of Himalayan sea salt and roasted until a bit crispy around the edges, I will never say no to possible improvements. So when I came across this recipe for Roasted Brussels Sprouts, Butternut Squash and Pecans I knew I would have to give it a go.



Brussels Sprouts

3 cups Brussels sprouts, ends trimmed, yellow leaves removed
3 tablespoons olive oil
Salt to taste

Butternut Squash

1 & $\frac{1}{2}$ pound butternut squash, peeled, seeded, and cubed into

1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)

2 tablespoons olive oil

3 tablespoons maple syrup

$\frac{1}{2}$ teaspoon ground cinnamon

Other Ingredients

2 cups pecan halves

1 cup dried cranberries

2-4 tablespoons maple syrup

[Full Instructions Here](#)

Seasonal Sides II: Cauliflower



I pretty am sure our household has single-handedly helped increase the sale of cauliflower the past years. I buy a gorgeous head or two every week without fail and continually fall in love with new ways to prepare this versatile

vegetable. While the creamy white colored heads of cauliflower clusters are what traditionally come to mind, in recent years the colorful varieties have gained popularity among growers. Don't be shy about trying the orange "cheddar" or purple "graffiti" varieties that have only subtle taste differences but add interesting color to any dish.

Due to our own regular consumption, I had to extend my search to find something new to test and I am I delighted to have come across this 101 Cookbooks recipe for Spiced Cauliflower with Sesame. This beautiful blend of ginger, chilies, and turmeric flavors (which all happen to be favorites in the Hubele house) made this recipe an immediate hit.



Ingredients

1 1/2 tablespoons extra-virgin olive oil or clarified butter
(I use coconut oil)
1 teaspoon cumin seeds
2 medium yellow onions, finely sliced
Pinch of turmeric
Fine grain sea salt
1 medium/ 12 oz cauliflower, thinly sliced
4 dried red chilies, stemmed and halved
1-2 teaspoon sesame seeds, lightly toasted
1 garlic clove, grated
4 cm/ 1 1/2-inch piece of fresh ginger, peeled and finely

grated

1-2 green jalapeno chilies, seeds removed, finely chopped

2-3 tablespoons fresh cilantro/ coriander, chopped

[Full Instructions Here](#)

Let's Play A Game!



I know I'm not the only one with delicious veggie ideas to share. So, how about submitting your favorite gluten free, dairy free vegetable side-dish recipe, along with two photos, for a chance to win a free copy of my book Gemmotherapy For Everyone: An Introduction To Acute Care!



Here's How It Works

Entries should be sent to Office@LaurenHubele.com before Monday, November 14. We will test out whatever you, our faithful readers, offer up and our top three selections will be posted here for your review on Monday, November 21. Everyone will have a chance to vote online for their favorite based on the following criteria:

1. Flavor (*It needs to be yummy.*)
2. Difficulty (*It needs to be doable.*)
3. Nutrition (*It needs to be healthy.*)
4. Appeal (*It needs to be something even non-vegetarians would eat.*)
5. Appearance (*It needs to visually look nice on a table.*)

The winner will be announced one month from now, on Thursday, December 1.

Good Luck!