

Cauliflower & Feta Omelet

Little bites of cauliflower add wonderful texture to this open-face omelet; salty-tangy feta gives it character.

ACTIVE TIME: 20 MIN START TO FINISH: 30 MIN

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Ingredients

- 5** large eggs
- 2 ½** tablespoons extra-virgin olive oil
- ½** medium head cauliflower, cut into 1-inch-wide florets (3 cups)
- 1** garlic clove, minced
- ½** cup crumbled feta (2 oz)
- ¼** cup packed flat-leaf parsley leaves - I omitted



Method

Beat eggs with 1/4 teaspoon salt.

Heat oil in a 10-inch heavy nonstick skillet over medium-high heat until it shimmers, then sauté cauliflower until browned and tender, 5 to 9 minutes. Reduce heat to medium, then add garlic, 1/4 teaspoon salt, and 1/8 teaspoon pepper and sauté 1 minute.

Pour eggs over cauliflower. Cook, lifting edges to let uncooked egg run underneath and shaking skillet occasionally to loosen omelet, until almost set, 4 to 5 minutes. Slide out onto a large plate. Put skillet over omelet and, using pot holders, firmly hold plate and skillet together, then invert omelet back into skillet and cook 1 to 2 minutes. Slide out onto plate and sprinkle with feta and parsley.

[Source: Gourmet Magazine Online \(2 servings\)](#)

Creamy Braised Cauliflower with Sun-dried Tomatoes

This cauliflower gets browned in olive oil and garlic, letting a thin golden crust form on its firm white stalks. It's tossed with tangy sun-dried tomatoes, to heighten and balance the mild, slightly sour flavor, and then simmered with milk for a dish that we love over pasta or on its own.

Ingredients

- 1 ½ cups** milk - I used skim
- Olive oil - I used some of the oil from the sundried tomatoes
- Red pepper flakes
- 1** onion, chopped - I used a red onion
- 6 cloves** of garlic, chopped - I used 12
- ½ cup** sun-dried tomatoes, in strips - I used 1 small can, drained of sundried tomato strips from Trader Joes
- 1** head of cauliflower, sliced into bite-sized pieces - We had a HUGE cauliflower from the CSA, which I used about 3/4 of
- ½ teaspoon** salt, or to taste
- **I added 1 14.5 ounce can of petite diced tomatoes **
- **I used everything as a sauce for whole wheat pasta **



Method

Put the milk in a small saucepan to warm. (After it warms, I added the can of diced tomatoes to it.)

Heat the olive oil in a heavy pot or Dutch oven and toast the pepper, if using. Add the onion and garlic and cook until soft and translucent.

Turn the heat to medium high and add the tomatoes. Cook until fragrant and softened, then add the cauliflower. Cook without stirring for a couple minutes, then stir to let it brown on the other side. Cook for about 4 minutes, or until the cauliflower is dark in spots and golden in others. (I had a LOT of cauliflower at this point, sliced, and I basically cooked it stirring and leaving it until it started to cook down and soften - it took more than 8 minutes I think.)

Turn the heat to low and let the pan cool down a bit, then add the hot milk, stir, and cover. Cook for about 7 minutes, or until cauliflower is tender. Remove the lid and test, then add salt.

Notes

Nick said it tasted like a cauliflower dish he had at Tiffin.

I think this easily could have made 6 meals, but since I like to be liberal with the sauce...

Original recipe found here: <http://www.thekitchn.com/thekitchn/main-dish/recipe-creamy-braised-cauliflower-with-sundried-tomatoes-019739>

Source: Adapted from the Kitchn (4 servings)

Cucumber and Radish Raita

Cucumber-Radish Raita

Raita is a simple yogurt-based sauce that can be served with almost any Indian meal. It makes a cooling condiment when a curry gets a little too spicy, but the real beauty is when it is mixed with basmati rice. I find that combination so tasty that I will often skip dessert to make room for an extra portion.

The most common variety of raita seems to be made with grated cucumber, similar to a Greek tzatziki, but the possible variations are endless. I've seen recipes for banana raita, spicy raita, eggplant raita, even vermicelli raita - which sounds a little frightening.

The yogurt for raita should be thick, and it is always thoroughly beaten before mixing in the garnish. The beating changes the texture, making it smooth and creamy and altogether more appealing as a sauce.

Here is a simple cucumber, radish and cilantro raita that you can embellish with more herbs and spices if you see fit. Good options would be roasted cumin seeds, black pepper, and fresh mint.

Ingredients

- 2 cups** plain yogurt (I prefer the thicker Greek style such as Fage, Greek Gods, or Oikos) - I used nonfat Greek
- ½ to 1** whole medium cucumber, peeled, halved, seeded and grated - I used 1 whole seedless cuc
- 6** medium radishes, grated
- 1** handful cilantro leaves, chopped
- 1 teaspoon** salt
- 1 tablespoon** lemon juice - plus more for adjusting taste



Method

Put the yogurt in a bowl with plenty of extra room. Beat it thoroughly with a spoon or whisk (about 1 minute, until you see the texture thin out).

Add all of the remaining ingredients and mix.

If needed, add a tablespoon of water at a time until you have a thick but liquid, pourable sauce.

Taste and adjust seasonings; it may need more salt or lemon juice to make the flavor zing.

Source: Adapted from Herbivoracious by Michael Natkin (4 servings)

Greek Quinoa Salad

Ingredients

- 1 cup dry quinoa
- 2 cup water
- 3 tomatoes, chopped
- 1 small red onion, diced
- 2 Tablespoons capers
- Spinach
- Feta Cheese (lite)
- Greek or olive oil dressing - I used Ken's lite OO. Or, make the dressing suggested:
- 2 lemon, juiced
- 4 Tablespoons extra virgin olive oil
- Dash of dried thyme
- Dash of dried oregano
- Salt & pepper



Method

1. Pour water in sauce pan. When water is boiling, add quinoa, turn heat down to low, cover and simmer for 15 minutes, or until liquid is absorbed.
2. Meanwhile, whisk together lemon juice, olive oil, thyme, oregano, salt and pepper in a small bowl.
3. Toss cooked quinoa with chopped tomatoes, red onion and capers. Pour in dressing and toss to coat.
4. Serve quinoa over a bed of spinach. Top with feta cheese. Enjoy!

Source: [Adapted from Iowa Girl Eats Blog \(4 servings\)](#)

Tempeh Reubens

Easily doubled (or more), and actually quite good for repurposed leftovers the next day (this tempeh makes a nice side with rice and vegetables, too).

Ingredients

For the tempeh:

- 1** 8oz. package of your favorite tempeh
 - 1/4** cup olive oil
 - 1** tablespoon toasted sesame oil
 - 1** tablespoon tamari
 - 1/4** teaspoon paprika
 - 1** dash chili flake
 - 1/4** teaspoon thyme (fresh or dried)
 - 1** medium garlic clove, crushed or minced
- sauerkraut
jarsberg light swiss cheese, sliced

For the dressing:

- 1/3** cup mayo (ok to sub vegan mayo)
- 1** tablespoon ketchup
- 1/2** tablespoon Annie's Goddess Dressing (optional) - I used TJ's Goddess dressing



Method

Heat 1 T olive oil in your favorite skillet. Whisk together the olive oil, sesame oil, tamari, spices, herbs, and garlic. Cut tempeh into pieces about the size of a pack of playing cards, and then split them so they are about 1/4 inch thick. Dip the slices into the marinade (just turning to coat them--don't let them sit or they turn crumbly), then place into hot oiled pan and cook on medium high heat for 3-4 minutes on each side.

When tempeh slices are golden, whisk 1 T water to your leftover marinade, and pour the mixture into your skillet. Lower the heat. Cover and cook for 1-2 minutes more, then remove the lid and allow the tempeh to crisp up for just another minute. Set it aside and make the dressing.

To make dressing, stir together the mayo, ketchup and Goddess Dressing, if using. These sandwiches also taste fine with good mustard and mayo, but the dressing really makes it feel like an event.

Now assemble the sandwich: Heat skillet (a clean one) on medium heat. Take 2 pieces of your favorite sandwich bread, and butter one slice. Slather about 1 T dressing on the inside of each piece of bread. Top the unbuttered bread with 2 pieces of tempeh. On top of that, spread out your desired amount of sauerkraut and top with your preferred amount and type of cheese. Place the buttered bread on top of your sandwich filling and drop about a small pat of butter into your warm skillet. Place the sandwich on the melting butter, unbuttered bread side down, of course, and cook, uncovered, for about 2 minutes. Using a spatula and some courage, flip the sandwich and allow the other side to brown.

Serve sliced in half with a little extra dressing.

Notes

I doubled this and made extra sandwiches for lunch the day after (though I didn't double the oil sauce or the mayo dressing). This was great on sliced italian bread from TJs.

Source: Adapted from the Kitchn (2 servings)