



## Cheesy Cauliette “Bread” Sticks

### WHAT YOU WILL NEED

- 1 bag Cauliettes, microwaved uncovered, for 7 minutes
- 1 egg
- 1 cup shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon Italian seasoning
- 1/2 teaspoon baking powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt

### HOW TO PREPARE

Pre heat oven to 375 degrees. Line a 9x4 loaf pan with parchment paper, then spray with oil. Mix all ingredients together well, and pat into the loaf pan. Bake for 20 minutes, remove from oven and turn temperature down to 350 degrees.

Carefully lift parchment paper out of pan and carefully cut the loaf into 8 bread stick fingers. Carefully transfer & spread them out on a cookie sheet and return to oven to cook for 10-15 minutes to firm up the dough. Can be eaten as is, or topped with additional mozzarella cheese, returned to the oven to melt the cheese topping, and then served with a warm marinara sauce dip.

## Cauliette Lemon “Rice” Pilaf

### WHAT YOU WILL NEED

- 1 bag Cauliettes
- 1/4 teaspoon salt and pepper
- 2 tablespoons olive oil
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 tablespoon chopped parsley

Optional Spices:

1/4 teaspoon curry powder or cumin

Panko Parmesan Crumbs:

- 1/4 cup panko bread crumbs, toasted
- 2 tablespoons grated Parmesan
- 1 teaspoon lemon zest
- 1 teaspoon chopped parsley

### HOW TO PREPARE

Pre heat oven to 375 degrees. Sprinkle spices and olive oil on raw cauliflower and toss evenly. Spread on parchment lined sheet pan and roast for 20 minutes. Remove from oven, toss with lemon juice, zest and parsley in serving dish. Toast panko crumbs in oven for 3-5 minutes until golden. Remove from oven and mix in Parmesan, zest and parsley.

Sprinkle crumbs on cauliflower just before serving.

*Recipes courtesy of Mann's Produce*