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Veggie Delight

By Susie Iventosch

Cauliflower Arrabiata

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Cauliflower Arrabiata Photo Susie Iventosch

in half

DIRECTIONS

Clean the cauliflower and trim out all of the large stems, leaving little florets on stems. You can also cut the larger stems into small pieces. Toss cauliflower pieces in a large bowl with olive oil and then add half the Parmesan and all other ingredients, tossing well to coat. Turn out onto a baking sheet, sprinkle with remaining Parmesan and bake at 400F for about 10-15 minutes, or until cauliflower is al dente, but beginning to brown on top. Remove from oven and serve!

Honey-Roasted Parsnips

By Susie Iventosch



Parsnips-with honey and soy sauce Photo Susie Iventosch

Cauliflower is an underappreciated vegetable in my estimation, especially when it comes in such pretty colors nowadays! In addition to the ordinary white variety, it is available in purple, green and yellow-orange in many markets, which offers a variety of color enhancements to a dinner plate.

This recipe is actually quite spicy and very enjoyable served as a side dish, or even as a meatless entree. You can alter the amount of pepper flakes according to your own taste, and add as much or as little grated Parmesan as you like.

INGREDIENTS

- 1 head of cauliflower, remove greens and cut into small pieces
- 2 tablespoons olive oil
- 1 shallot, finely chopped
- 1 small clove garlic, finely minced
- 1/2 teaspoon sea salt
- 1/2 to 1 teaspoon red pepper flakes (can use as much as you like according to your heat sensitivity!)
- 1/2 cup finely grated fresh Parmesan cheese, divided

Parsnips are another under-appreciated vegetable and are usually reserved for enhancing soups, or smashing up with mashed potatoes. They rarely take center stage. But, here we offer an easy dish that specifically features this forgotten member of the umbelliferae family, a group of vegetables that also includes fennel, celery root and carrots. Planted in the spring, parsnips are harvested beginning in the fall and last through most of the spring. Due to the fact they store well above ground, they are usually available in markets year-round, but be sure to select firm parsnips, as those that are limp are not fresh.

INGREDIENTS

- 2 medium to large parsnips
- 2 tablespoons olive oil or melted butter
- 1 tablespoon honey
- 1 tablespoon Soy sauce

DIRECTIONS

Peel parsnips, and cut into French fry-size pieces, about 1/4 inches thick by 2-3 inches long. Toss well with olive oil, honey and Soy sauce. Turn onto an oiled baking sheet, and bake at 400F for approximately 15 minutes, or until tender and golden brown. Serve at once.

Reach the reporter at: suziven@gmail.com

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