

## **Cauliflower-Broccoli Toss**

2 slices bacon fried crisp & crumbled

Dressing:

½ cup mayonnaise

1 Tbsp. cider vinegar

2 Tbsp sugar

Salad:

2 cups cauliflower florets

2 cups broccoli florets

½ cup raisins

¼ cup sliced green onions

¼ cup shelled sunflower seeds

In small bowl, blend all dressing ingredients with wire whisk; set aside. In large bowl combine all salad ingredients and crumbled bacon; toss lightly. Pour dressing over salad mixture; toss to coat. 4-6 servings.

## **Cauliflower Casserole**

1 med. Head cauliflower

½ tsp. salt (optional)

1 8 oz. package American cheese

Rinse & separate into florets, bring water to boil. Place cauliflower into boiling water; add salt. Boil 10 minutes, drain thoroughly. In baking or casserole dish alternate cauliflower and cheese. Bake 350° for 20 minutes

## **Cream of Cauliflower Soup**

6 cups water

10 chicken bouillon cubes

1 cup onion cut up

¼ tsp. pepper

8 cups cauliflower (cut up)

4 ribs celery (cut up)

1 tsp. salt

½ tsp. garlic powder

Boil above ingredients until tender, about 15 minutes. In saucepan melt 1 stick margarine; stir in 8 Tbsp. flour and 4 cups milk. Stir until thick. Mix with vegetable mixture.

Optional: ¼ pound of American cheese added gives a really good flavor.

## **Tomato/Cauliflower Casserole**

1 cauliflower, washed & separated into bite-sized pieces

6 tomatoes, peeled, seeded, chopped

½ cup melted margarine

½ cup parmesan cheese

1 cup grated Muenster cheese

½ cup minced parsley

1/3 cup bread crumbs

Pepper

Preheat oven to 375°. Steam cauliflower until tender. Dip each tomato into boiling water for about 35 seconds, peel with fingers. Cut in half, squeeze out seeds & juice. Chop coarsely. Butter casserole, put in vegetables. Dribble on half of margarine. Combine cheeses, parsley, bread crumbs-sprinkle on top. Dribble on remaining margarine. Bake 30 minutes.

## **Baked Cauliflower**

1 sm. Head cauliflower

2 Tbsp. butter

2 Tbsp. flour

2 cups milk

¼ lb. American or cheddar cheese (diced or shredded)

¼ cup butter

10 slightly crushed saltines

Break cauliflower into florets. Place evenly in 9x13" pan. Make medium sauce by melting 2 Tbsp. butter, blending in flour, slowly add milk, stir until thick. Add cheese and let melt. Pour over cauliflower. Melt remaining butter in saucepan & add crushed saltines & stir. Sprinkle over cauliflower. Bake at 350° 40 minutes. Serves 10.