

SIMILAR INGREDIENTS, MULTIPLE MEALS

Shop once, eat twice: Successful tips for busy families.



ADD SAUTÉED ASPARAGUS, MUSHROOMS, AND/OR CHERRY TOMATOES TO THIS DISH FOR MORE TEXTURE AND FLAVOR. SEE PAGE 2 FOR AN EASY HOMEMADE PESTO RECIPE!

Ingredients:

8 oz. uncooked pasta
1 lb. fresh salmon
salt & pepper to taste
1/4 tsp. garlic powder
1 Tbsp. olive oil
1 Tbsp. butter
flour for coating
1/3 cup chicken broth
1/3 cup pesto
1/4 cup heavy cream
1/2 tsp. lemon juice (optional)
freshly grated parmesan
cheese (optional)

Salmon Pesto Pasta

Directions:

1. Bring a pot of salted water to boil. Add pasta and cook to al dente according to package directions.
2. Sprinkle the salmon with the garlic powder and some salt & pepper. Coat it in flour on all sides.
3. In a skillet, heat the oil and butter over medium-high heat. Cook the salmon for about 3 minutes/side until lightly golden.
4. Take the pan off the heat. Remove the salmon to a plate and set aside. Internal temperature of salmon should reach 145°F. Pour the fat out of the skillet, but leave the nice browned bits that are stuck on the bottom of the pan (don't wipe the pan out).
5. Add the chicken broth and pesto and return the pan to the burner. Cook for about 30 seconds while scraping up the brown bits from the bottom of the pan.
6. Add in the cream and lemon juice and let the sauce bubble for about a minute. Reduce the heat and let it gently cook for another 5 minutes or so (the sauce will thicken up as well).
7. Drain the pasta and toss it with the sauce. Add salmon and serve immediately with freshly grated parmesan cheese if desired.

Eat what's in season...



Cauliflower

Common Types -
White, purple, orange,
Romanesco

Cauliflower is a cruciferous vegetable that can be used in several different preparation methods. It can fit into many different flavor and cuisine profiles. Roast it, mash it, rice it, puree it, add it to casseroles--the options are endless.

Growing it + Nutrition Information

Cauliflower can be frustrating for gardeners because it requires consistently cool temperatures to grow (60-69°F). It performs best as a spring and fall crop--sowing started plants 4-5 weeks before the last spring frost and 6-8 weeks before the first fall frost, according to *The Old Farmer's Almanac*. Most varieties take 75-85 days to mature, so patience is key. Cauliflower may need extra nutrients applied, as fertile soil assists in proper growth and conservation of moisture.

Cauliflower contains glucosinolates, which help protect our body's cells from damage and have anti-inflammatory, antiviral, and antibacterial effects as noted by the Micronutrient Information Center at Oregon State University. One cup of raw cauliflower provides about ¾ of your daily recommended vitamin C, helps keep you hydrated, and serves as a good source of fiber in your diet.

Cauliflower Fried Rice with Salmon



Ingredients:

- 1 medium-sized head of cauliflower, stem removed & cut into florets**
- 2 Tbsp. sesame oil, divided**
- 1 small onion, diced**
- 2 garlic cloves, minced**
- 1 tsp. minced ginger**
- 1 ½ cup frozen peas and carrots thawed**
- salt and freshly ground pepper to taste**
- 2 large eggs, lightly beaten**
- 2-3 Tbsp. low-sodium soy sauce**
- 1 lb. salmon, optional (leftover from featured recipe or prepared fresh as desired)**

Directions:

1. Working in batches, pulse cauliflower in food processor or grate florets using a box grater until it resembles small grains of rice.
2. Heat 1½ Tbsp. of sesame oil in a large skillet over medium heat. Sauté the onion until soft, about 2-3 minutes.
3. Add the garlic and ginger, and cook, stirring constantly, for 30 seconds, until fragrant.
4. Add the peas, carrots, and cauliflower rice. Season with salt and pepper.
5. Stir-fry until the vegetables are heated through and the cauliflower is soft but not mushy, about 3-4 minutes.
6. Use a spatula to move the vegetables to the edges of the skillet, leaving a well in the middle.
7. Add the remaining ½ Tbsp. of sesame oil to the center of the pan then add the eggs and scramble just until set.
8. Once the eggs are cooked, break them into small scrambled pieces, and stir everything together.
9. Remove from heat and stir in the soy sauce.
10. Taste the rice and add more soy sauce, salt, and pepper as needed.
11. Top with salmon, optional (leftover or prepared as desired)

Side Dish Spotlight

Proof of cauliflower's versatility found here! These pair great with salmon, as featured on pages 1-2, as well as other proteins of choice.

Roasted Buffalo Cauliflower Bites

- 1 medium head cauliflower, cut into florets
- 1 Tbsp. canola oil
- ½ cup Buffalo wing sauce
- Blue cheese or ranch salad dressing (optional)

Preheat oven to 400°F. Toss cauliflower with oil; spread in a 15x10x1-in. pan. Roast until tender and lightly browned, 20-25 minutes, stirring once.

Transfer to a bowl; toss with wing sauce. Serve with dressing.

Note: This same recipe can be prepared using an air fryer--roast at 390°F for 15 minutes, flipping every 3 minutes.



Cauliflower Casserole

- 1 medium head cauliflower, broken into florets
- 1 cup sour cream
- 1 cup shredded cheddar cheese
- ½ cup crushed cornflakes
- ¼ cup chopped green pepper
- ¼ cup chopped sweet red pepper
- 1 tsp. salt
- ¼ cup grated Parmesan cheese
- Paprika

Preheat oven to 325°F. Place 1 in. of water in a saucepan; add cauliflower. Bring to a boil. Reduce heat; cover and simmer until crisp-tender, 5-10 minutes.

Drain.

In a large bowl, combine cauliflower, sour cream, cheddar cheese, cornflakes, peppers and salt; transfer to a greased 2-qt. baking dish. Sprinkle with Parmesan cheese and paprika.

Bake, uncovered, until heated through, 30-35 minutes.

Note: Stir in a pound of cooked and drained ground beef to add protein to this dish.

Pumpkin & Cauliflower Garlic Mash

- 1 medium head cauliflower, broken into florets (about 6 cups)
- 3 garlic cloves
- 1/3 cup spreadable cream cheese
- 1 can (15 oz.) solid-pack pumpkin
- 1 Tbsp. minced fresh thyme
- 1 tsp. salt
- ¼ tsp. cayenne pepper
- ¼ tsp. pepper

Place 1 in. of water in a Dutch oven; bring to a boil. Add cauliflower and garlic cloves; cook, covered, until tender, 8-10 minutes. Drain; transfer to a food processor.

Add remaining ingredients; process until smooth. Return to pan; heat through, stirring occasionally.

Selection, Handling, & Storage

Regardless of the variety you are looking to purchase, look for **cauliflower** that is uniformly colored with densely packed florets that are free of blemishes, browning, or soft, wet spots. Cauliflower heads with fresh, vibrant colored leaves indicates it has recently been harvested--browning or cracking leaves and a strong smell may indicate that it is past its prime. Most grocery store cauliflower is wrapped tightly in cellophane, but should be rinsed and transferred to a loosely sealed plastic bag once home to avoid excess moisture accumulation. Whole head cauliflower can be kept 4-7 days in the refrigerator, while pre-cut florets should be stored no more than 4 days for ideal taste. Cauliflower can be consumed raw or cooked. When cooked, cauliflower is **done** when easily pierced with a fork. Tenderness increases with cook time.

For fresh **fish**, select fillets that appear to have firm, elastic, moist flesh--no browning, ragged edges, or gaping flesh. For frozen fish, select solidly frozen fillets or steaks with no signs of discoloration or strong odor. Make sure the fish is tightly wrapped with no signs of thawing and re-freezing (ice crystals). Shop for seafood right before checking out at the supermarket and bring a cooler if refrigeration isn't possible within 30 minutes. Use within 36 hours (fresh or thawed)--freeze fresh fish immediately if not preparing within that time frame.

Salmon is **done** when it turns a lighter color and flakes easily with a fork. Insert a meat thermometer into the thickest part of the fish to test for doneness. USDA recommends internal temperature of 145°F.

Nutrient Profile: B7 (Biotin)

Biotin is one of the most popular and recognized B vitamins. Biotin is a water-soluble vitamin that plays a vital role in the break down of fats, carbohydrates, and proteins. It helps us get energy from the food that we eat. Biotin is also important for communication between cells and gene activity.



Food sources: eggs, salmon, avocados, pork, sweet potato, nuts, seeds

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