

Real Food Recipes Made with Cauliflower

Summary: Check out these six delicious recipes that feature cauliflower as the main ingredient.

Cauliflower has become quite the rage in healthy cooking over the past year, especially with the popularity of the Paleo Diet, which discourages eating grains. Cauliflower is used as a substitute in many classic recipes to take the place of whatever grain was there, such as rice or pizza crust. Along with these new, trendy recipes, I've included some more classic recipes as well to bring cauliflower back into your life. It may seem like a dull vegetable, but it actually contains an important array of nutrients, including antioxidants, vitamins, minerals, and other phytochemicals.



Parmesan Baked Cauliflower



Healthy Cauliflower Fried Rice



Cauliflower Pizza Crust



Rosemary and Garlic Mashed Cauliflower



Cauliflower Nuggets



Roasted Garlic Cauliflower Alfredo Sauce