

Recipe

Fall Breakfast Skillet & Roasted Whole Cauliflower

Ingredients

- 1 bunch kale
- 2 acorn squash
- 1 lb yellow potatoes
- 2 peppers
- 2 onions
- 4 cloves garlic
- 2 teaspoons paprika
- 1 teaspoon cumin
- Salt and pepper to taste
- 1 apple, diced
- Optional fennel seeds, sage
- 1 large cauliflower
- 3 tablespoons soy sauce
- 2 Medjool dates
- 4 cloves garlic
- 1 teaspoons smoked paprika
- 2 tablespoons nutritional yeast

Instructions

Skillet stuffing

- Wash squash. Slice in half and remove seeds and pulp. Slice into ½" moons.
- Wash and then strip kale leaves from stems. Chop stems into ¼" pieces and leaves into ½" pieces.
- Dice potatoes, onions and peppers.
- Place potatoes into a pot of cold water and bring to a boil. Simmer until fork tender.

- Add the onions, peppers, and kale stems into a pan with a splash of water. Cook over medium heat, covered until softened and then uncover and continue cooking until slightly brown and caramelized, stirring occasionally to avoid burning (10-15 minutes).
- Mince garlic and mash into a paste with paprika, cumin, fennel seeds, and sage. Add this to the onions and peppers along with potatoes and diced apples and cook until fragrant and you get some color on the potatoes as well.
- Add in the kale leaves, cover, and allow them to wilt before mixing them in. Salt and pepper to taste.

Cauliflower

- Trim the base of the cauliflower and place into a pot with an inch of water. Cover and bring the water to a boil to steam the cauliflower for about 15 minutes.
- Preheat the oven to 425 F.
- While this is steaming, finely mince garlic and dates, add paprika, nutritional yeast and soy sauce.
- Once the cauliflower is done steaming, Move it to a parchment lined sheet pan. Pour over the seasoned soy sauce and place in the oven for about 20-30 minutes until nice and brown.
- Garnish with green onions and parsley or cilantro before slicing and serving.

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Spanish

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