



CAULIFLOWER BAKE

Tired of boiling and steaming cauliflower?
Try chopping it up with a few other vegetables
and baking it in a cheesy coating. This is a versatile
and healthy side dish that can use any vegetables
you have on hand.



PREP TIME: 15 MIN | COOK TIME: 55 MIN | SERVINGS: 4



ABOUT THE CHEF

A culinary arts professor and consultant,
cooking show host, and cookbook co-author,
First Nation Chef David Wolfman is an
internationally recognized expert in wild
game and traditional Indigenous cuisine.



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INGREDIENTS

- 1 head cauliflower, cut into bite-size pieces
- 1 carrot, sliced
- 1 zucchini, sliced
- ½ medium red onion, sliced
- ¼ cup (60 mL) butter, melted
- 3 tbsp (45 mL) olive oil
- 1 tsp (5 mL) salt
- 1 tsp (5 mL) ground black pepper
- ¾ cup (175 mL) bread crumbs
- ¼ cup (60 mL) finely chopped almonds
(or other nuts)
- ¾ cup (175 mL) grated cheddar cheese

DIRECTIONS

1. Preheat oven to 190°C (375°F).
2. In a large bowl, mix all of the ingredients well.
3. Evenly spread coated vegetables on a parchment paper-lined (or greased) baking sheet.
4. Bake for 45 to 55 minutes, or until golden brown.
5. Serve hot.

TIPS

- » Chill leftovers in the fridge for up to 3 days.