

Cauliflower Recipes

Created by The Endurance Edge



Crispy Roasted Brussels Sprouts

3 ingredients · 15 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the Brussels sprouts onto the baking sheet and toss with avocado oil. Spread evenly and season with salt. Roast for 10 to 15 minutes or until fork tender and the edges have crisped.
3. Transfer onto plates and serve as a side dish. Enjoy!

Ingredients

- 4 cups Brussels Sprouts (trimmed, thinly sliced)
- 2 tbsps Avocado Oil
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	100	Vitamin A	664IU
Fat	7g	Vitamin C	75mg
Carbs	8g	Calcium	37mg
Fiber	3g	Iron	1mg
Sugar	2g	Vitamin D	0IU
Protein	3g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	317mg	Zinc	0mg
Potassium	342mg		

Sesame Orange Bok Choy

7 ingredients · 15 minutes · 4 servings



Directions

1. In a small mixing bowl whisk together orange juice, coconut aminos, ginger and salt. Set aside.
2. Heat the sesame oil in a large non-stick pan over medium-high heat. Add the chopped bok choy and sauté for 6 to 8 minutes or until wilted and tender.
3. Add the orange juice mixture to the pan, stir to combine with the bok choy and cook for another minute. Season with additional salt if needed. Transfer the bok choy and all the sauce to a bowl for serving and top with sesame seeds if using. Enjoy!

Ingredients

- 3 **tbps** Orange Juice (freshly squeezed)
- 1 **tbsp** Coconut Aminos
- 1 **tsp** Ginger (finely grated)
- 1/8 **tsp** Sea Salt
- 1 **tbsp** Sesame Oil
- 8 **cups** Bok Choy (chopped)
- 1/2 **tsp** Sesame Seeds (optional)

Nutrition

Amount per serving

Calories	60	Vitamin A	6278IU
Fat	4g	Vitamin C	69mg
Carbs	5g	Calcium	152mg
Fiber	1g	Iron	1mg
Sugar	3g	Vitamin D	0IU
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	29mg
Sodium	232mg	Zinc	0mg
Potassium	380mg		

Mexican Cauliflower Rice

11 ingredients · 15 minutes · 6 servings



Directions

1. In a skillet over medium-low heat, add the oil along with the onion and bell pepper. Cook for 3 to 4 minutes, then add the cumin, chili powder and sea salt along with the garlic and cauliflower rice. Continue cooking for 5 minutes, stirring often to mix, until the cauliflower rice is cooked.
2. Add the salsa to the skillet and stir to combine. Serve with sliced avocado on top and a slice of lime. Enjoy!

Ingredients

- 2 **tsps** Avocado Oil
- 1 Yellow Onion (chopped)
- 2 Red Bell Pepper (chopped)
- 2 **tsps** Cumin
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 2 Garlic (clove, minced)
- 6 **cups** Cauliflower Rice
- 1/4 **cup** Salsa
- 2 Avocado (sliced)
- 2 Lime

Nutrition

Amount per serving

Calories	171	Vitamin A	1538IU
Fat	12g	Vitamin C	62mg
Carbs	17g	Calcium	51mg
Fiber	8g	Iron	2mg
Sugar	6g	Vitamin D	0IU
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	30mg
Sodium	217mg	Zinc	1mg
Potassium	672mg		

Chicken, Carrots & Broccolini

4 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
3. Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
4. Remove the chicken and shred into pieces using two forks.
5. Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

Ingredients

- 2 bunches Broccolini (trimmed)
- 4 Carrot (large, sliced into rounds)
- 2 tbsps Extra Virgin Olive Oil
- 1 lb Chicken Breast (boneless, skinless)

Nutrition

Amount per serving

Calories	275	Vitamin A	20129IU
Fat	11g	Vitamin C	84mg
Carbs	13g	Calcium	284mg
Fiber	8g	Iron	3mg
Sugar	4g	Vitamin D	1IU
Protein	34g	Vitamin B12	0.2µg
Cholesterol	82mg	Magnesium	98mg
Sodium	215mg	Zinc	2mg
Potassium	1322mg		

Blueberry Kale Salad

11 ingredients · 20 minutes · 6 servings



Directions

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

Ingredients

- 10 cups** Kale Leaves (chopped)
- 1** Cucumber (chopped)
- 4 stalks** Celery (chopped)
- 2 cups** Blueberries
- 2** Beet (peeled and spiralized)
- 1/2 cup** Pumpkin Seeds
- 1/2 cup** Extra Virgin Olive Oil
- 3** Lemon (medium, juiced)
- 1 tsp** Dijon Mustard
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper

Nutrition

Amount per serving

Calories	279	Vitamin A	1894IU
Fat	23g	Vitamin C	50mg
Carbs	17g	Calcium	124mg
Fiber	5g	Iron	3mg
Sugar	9g	Vitamin D	0IU
Protein	5g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	32mg
Sodium	468mg	Zinc	0mg
Potassium	418mg		

Cabbage Wedges

4 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Place the cabbage wedges on the baking sheet and drizzle all sides with avocado oil. Sprinkle with sea salt.
2. Bake for 15 minutes, remove and flip the wedges over. Bake for 15 minutes more. Remove from the oven, squeeze lemon juice on top and serve. Enjoy!

Ingredients

- 6 cups** Purple Cabbage (sliced into wedges)
- 1 tbsp** Avocado Oil
- 1/4 tsp** Sea Salt
- 1 tbsp** Lemon Juice

Nutrition

Amount per serving

Calories	73	Vitamin A	1490IU
Fat	4g	Vitamin C	78mg
Carbs	10g	Calcium	60mg
Fiber	3g	Iron	1mg
Sugar	5g	Vitamin D	0IU
Protein	2g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	22mg
Sodium	184mg	Zinc	0mg
Potassium	328mg		

Sauteed Collard Greens

3 ingredients · 15 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
2. Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

Ingredients

12 cups Collard Greens (sliced into 1 inch pieces)

2 tbsps Butter

1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving

Calories	85	Vitamin A	5598IU
Fat	6g	Vitamin C	38mg
Carbs	6g	Calcium	252mg
Fiber	4g	Iron	1mg
Sugar	1g	Vitamin D	0IU
Protein	3g	Vitamin B12	0µg
Cholesterol	15mg	Magnesium	29mg
Sodium	93mg	Zinc	0mg
Potassium	232mg		

Chicken & Broccoli Slaw with Peanut Sauce

14 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Line a baking sheet with parchment paper. Place the chicken breasts on the baking sheet and season with sea salt and black pepper. Place in the oven and bake for 30 minutes or until cooked through.
2. In a food processor, combine peanut butter, tamari, lime juice, olive oil, ginger, garlic and water. Blend until smooth and set aside.
3. In a large salad bowl, combine broccoli slaw, red pepper and green onion.
4. Remove chicken from oven. Dice and add it to the salad bowl. Drizzle with desired amount of peanut dressing and toss well. Divide into bowls and garnish with cilantro and chopped peanuts. Serve with hot sauce if you like it spicy. Enjoy!

Ingredients

- 1 **1/4 lbs** Chicken Breast
- Sea Salt & Black Pepper (to taste)
- 1/4 **cup** All Natural Peanut Butter
- 1 **tbsp** Tamari
- 1 Lime (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Ginger (peeled and grated)
- 1 Garlic (clove, minced)
- 1/4 **cup** Water
- 4 **cups** Broccoli Slaw
- 1 Red Bell Pepper (sliced)
- 3 **stalks** Green Onion (chopped)
- 1/4 **cup** Cilantro (chopped, optional)
- 1/4 **cup** Raw Peanuts (chopped)

Nutrition

Amount per serving

Calories	395	Vitamin A	7407IU
Fat	20g	Vitamin C	109mg
Carbs	15g	Calcium	57mg
Fiber	5g	Iron	2mg
Sugar	6g	Vitamin D	1IU
Protein	41g	Vitamin B12	0.3µg
Cholesterol	103mg	Magnesium	91mg

Sodium	353mg	Zinc	2mg
Potassium	740mg		