

Cauliflower Bread Pudding + Massaged Kale Salad + Lemon-Up 'Soda'



cauliflower bread pudding

preheat+tear+grate

Preheat your oven to 350 degrees. Tear or cut **½ lb loaf of bread** into very small pieces/cubes and place in a large bowl. Grate **1 C Monterey Jack cheese** and set to the side.

whisk+pour

In a medium bowl, have kids whisk together **2 eggs, 1 C milk, 1 C vegetable broth, ½ tsp salt, ½ tsp dried dill**, and a **big pinch of black pepper** until well combined. Pour the mixture over the bread and let it sit.

snap+chop+sauté

Have kids snap off the tough ends of the cauliflower and chop the tops into very small pieces. Sauté the bits of cauliflower in a little **oil** and a **pinch of salt** on your stovetop over medium-high heat for 3-5 minutes or until soft and a little browned.

fold+oil+bake

Add the cooked cauliflower to the bread mixture and fold everything together to combine the ingredients well. Add the grated cheese to the mixture and stir again. Brush some oil on the wells of your cupcake pan and fill each one about half-full with bread pudding mixture. Bake in your oven for 20-25 minutes or until cooked through.

:: continued ::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking



massaged kale salad

tear+squeeze+drizzle

In a large serving bowl, have kids tear leaves of **1 bunch kale** (throw away the stalks) into small bits. Squeeze the juice of **½ a lemon** over the kale along with a **drizzle of olive oil** and **sprinkle of sea salt**.

massage+wilt

Using clean hands, have kids massage the kale until it starts to soften and wilt, about 2-3 minutes. Set aside and make the dressing.

whisk+pour

Whisk together the **juice of ½ a lemon** with **2 tsp honey** and **¼ C olive oil** until a dressing forms. Add more honey if needed. Pour the dressing over the kale and toss. Top with some **toasted pepitas or sunflower seeds**, if desired!



lemon-up soda

squeeze+boil

Squeeze the **juice of 2 lemons** into a small bowl and set to the side. In a small saucepan on your stovetop, combine **½ C water**, **½ C sugar/agave/honey**, and the leftover lemon peels. Bring to a boil and cook for 2-3 minutes. Then turn the heat and allow to cool.

strain+discard+mix

Strain the lemon peels from the syrup and discard. Add your freshly squeezed lemon juice to the sugar syrup and mix well.

serve+top

Add 1-2 tsp of syrup to the bottom of each cup and top with **ice** and **soda water**. Enjoy!

:: continued ::



Family Fun Recipes



Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

shopping list

Cauliflower Bread Pudding

- ½ lb loaf of bread
- 1 C milk
- 1 C vegetable broth
- 2 large eggs
- ½ tsp salt
- big pinch of black pepper
- ½ tsp dried dill
- ½ lb cauliflower (approx. ½ head)
- 1 C Monterey Jack cheese
- oil

Massaged Kale Salad

- 1 bunch kale
- 1 lemon
- ¼ C olive oil, plus extra for drizzling
- salt
- 2 tsp honey/agave/sugar
- small handful toasted pepitas or sunflower seeds

Lemon-Up 'Soda'

- 2 lemons
- ½ - 1 liter club soda
- ½ C honey/agave/sugar
- 2 C ice

:: continued ::



The History of Bread Pudding

Food historians trace the history of bread pudding to the early 11th and 12th centuries, as frugal cooks looked for ways to use stale, leftover bread instead of letting it go to waste. In 13th century England, bread pudding was known as 'poor man's pudding', as it was a popular dish with the lower classes. While bread pudding is still a way to use up leftover bread, it has gained a reputation as a comfort food and is featured as a dessert item in trendy establishments, having shed its humble roots.

The dish is made by layering bits of bread and any add-ins in a dish and pouring a custard sauce over before baking. The possibilities for the dish are endless, because cooks can vary the type of bread and any ingredients they choose to add!

The surprise ingredient of the week is: Cauliflower!

- ★ **Cauliflower, as its name implies, is a flower growing from a plant.** In its early stages, it resembles broccoli, which is its closest relative. However, while broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds. The heavy green leaves that surround the head protect the flower buds from the sunlight. The lack of exposure to sunlight doesn't allow chlorophyll to develop, which means the head remains a white color.
- ★ **Cauliflower is a part of the Brassica oleracea family.** Its relatives include kale, collard greens, and brussels sprouts.
- ★ **The traditional cauliflower that we know and love is a creamy white hue, but this vegetable can come in a palette of bright colors.** Purple and orange cauliflower are delicious and healthy in their own unique ways. The purple variety is the healthiest of the bunch, but the orange kind offers a rich, sweet flavor.
- ★ **Cauliflower is a good source of fiber, vitamin C, antioxidants, and vitamin K.**
- ★ **The leaves and stem of the cauliflower are edible,** but have a stronger flavor, somewhat similar to collard greens.
- ★ **When buying cauliflower look for dense, heavy vegetables with fresh, green leaves.** The florets should be tight and compact with no dark spots or mildew. If there are a few brown spots on the outer edges of the florets, simply cut them off before cooking. The stem should be satiny white, with no dark patches.

Time for a laugh!

What kind of flower should never be put in a vase? CauliFLOWER!
What do you get when you cross a dog with a daisy? A collie-flower!

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT