

cauliflower bread pudding + massaged kale salad



For this week's recipe, we will use an ingredient that is in abundance – CAULIFLOWER!

Bread pudding is fun for kids to make and who doesn't love some bread and cheese mixed together with your veggies?!

The kale salad is a Sticky Fingers Cooking classic; it's very tasty and the best part is that you use your hands! A perfect salad for the kids to prepare while the bread pudding cooks...

Have fun and happy cooking! –Erin

set-up

Grown-Ups: Pre-Heat oven to 357 degrees. Have kids **line your muffin tin with paper liners**.

chop+tear

Have kids chop up **½ lb of fresh cauliflower** into very small pieces. Sauté the cauliflower in **a small amount of olive oil** in a skillet over medium heat for about 5 minutes... Have the kids cut or tear a **1 lb loaf of sourdough bread** into very small pieces. Add the bread in large bowl.

measure+whisk

In medium bowl, have kids whisk together the **3 C of milk**, **1 C of vegetable broth** and **3 large eggs** (or sub $\frac{3}{4}$ C pureed silken tofu). Add **1 tsp of salt**, **$\frac{1}{4}$ tsp of black pepper** and **$\frac{1}{2}$ teaspoon dried dill** and stir well until combined.

fold+fill+bake

Add the sauteed cauliflower to the bread mixture. Fold everything together well to combine the ingredients. Have kids grate **1- $\frac{1}{4}$ C of jack cheese** to the mixture, stir. Fold everything together well to combine the ingredients. Fill bread pudding mixture into the paper liners about $\frac{3}{4}$ full. Bake for about 25 minutes or until cooked through and golden brown on top. Let cool for 10 minutes before eating.

cut+squeeze

While the bread pudding cooks and cools - It is Kale salad time! Have kids tear or use clean scissors to cut the leaves of 1 bunch kale (black kale is especially good). Make sure to throw away (or compost!) the stalks! Add the cut kale, the juice of half of lemon, a **$\frac{1}{4}$ C of good quality olive oil** and **1 tsp of kosher salt**.

massage+whisk+eat

Massage the kale leaves with CLEAN hands until the kale starts to soften and wilt, 2 to 3 minutes. Set the kale to the side while kids make the dressing. In a small bowl, whisk the remaining juice from the **$\frac{1}{2}$ lemon** with **2 tsp of honey** - have kids whisk until a dressing forms, add more honey if the kids like how it tastes. Have the kids pour the dressing over the kale, and toss together. Have kids' top their salad with toasted pepitas, sesame seeds, sunflower seeds and / or any dried fruits that they like (we love dried papaya!).

Eat up the salad with Bread Pudding! YUM-YUM!

continued



Mixing & Measuring & Knife Skills, Oh My!

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Cauliflower

- ★ **Cauliflower is a vegetable.**
- ★ **Cauliflower is a member of the Brassicaceae family of plants**, which also includes broccoli, kale, cabbage, turnips, rutabags, Brussels sprouts and Chinese cabbage.
- ★ **Vegetables from the Brassicaceae family** all share a common feature. Their four-petaled flowers bear the resemblance to a Greek cross, which explains why they are frequently referred to as crucifers or cruciferous vegetables.
- ★ **The scientific name for cauliflower** is Brassica oleracea.
- ★ **The name cauliflower comes from the Latin words** caulis, meaning "stalk," and floris, meaning "flower".
- ★ **As its name implies, cauliflower is actually a flower!** The part of the plant that we eat is the head of the underdeveloped, tender flower stems and buds.
- ★ **Do you know why cauliflower is white?** It's because while the plant is growing, the head is surrounded by heavy green leaves that shield it from sunlight. Without exposure to sunlight, the process called "photosynthesis," in which sunlight produces a green pigment called chlorophyll, cannot happen.
- ★ **Mark Twain** once said, "Cauliflower is nothing but a cabbage with a college education".
- ★ **Did you know that** the green leaves at the base of a cauliflower head are edible? They have a stronger flavor than the florets and you need to cook them for longer.
- ★ **One-half cup** of chopped cauliflower counts as one serving of vegetables.
- ★ **One serving of cauliflower** contains 15 calories and 40 percent of your daily vitamin C!

What kind of flower should you never get on Valentine's Day? Cauliflower!



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