



## Comforting Cauliflower Bread Pudding + Massaged Kale Salad + Lemon-Up Soda

By Erin Fletter

**Prep Time** 30 / **Cook Time** 35 / **Serves** 4 - 6

### Shopping List

#### ☐ FRESH

☐ 1/2 lb OR 1/2 head cauliflower

☐ 1 bunch lacinato (black) kale (or roughly 3 heaping C of bagged kale)

☐ 3 lemons

#### ☐ BREAD

☐ 1/2 lb bread, about 1/2 loaf **\*\*(see allergy subs below)\*\***

#### ☐ DAIRY AND EGG

☐ 1 C milk **\*\*(see allergy subs below)\*\***

☐ 2 large eggs **\*\*(see allergy subs below)\*\***

#### ☐ PANTRY

☐ 1 C vegetable broth **\*\***

☐ 1 3/4 tsp salt

☐ 1 big pinch ground black pepper

☐ 1/2 tsp dried dill

☐ 1 C Monterey Jack cheese **\*\*(see allergy subs below)\*\***

☐ 1/4 C olive oil + extra for cooking, baking, and drizzling

☐ 1/2 C + 2 tsp granulated sugar, agave syrup, or honey + more for taste

- ☐ 1 small handful toasted pepitas or sunflower seeds, optional
- ☐ 4 C club soda or sparkling water
- ☐ HAVE ON HAND
- ☐ 1/2 C water
- ☐ 2 C ice

## Fun-Da-Mentals Kitchen Skills

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

**massage:** to rub or knead a food to tenderize (e.g., raw beef) or one food into another to infuse flavors (e.g., mint leaves into sugar or oil and salt into kale leaves).

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

**tear:** to pull or rip apart a food, like basil leaves, into pieces instead of cutting with a knife; cutting breaks cell walls more, so herbs can discolor faster.

**wilt:** to cook a leafy vegetable very briefly until it has lost its shape.

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**squeeze:** to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

**strain:** to separate liquids from solid foods or remove bigger food particles from smaller particles using a perforated or porous device like a strainer, sieve, colander, or cheesecloth.

## Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Skillet
- ☐ Large mixing bowl
- ☐ Medium mixing bowl
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Grater
- ☐ Dry measuring cups
- ☐ Liquid measuring cup
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Wooden spoon
- ☐ Pastry brush to grease pan (optional)
- ☐ Large serving bowl
- ☐ Citrus squeezer (optional)
- ☐ Salad spoon or tongs
- ☐ Small bowl
- ☐ Small saucepan
- ☐ Strainer

## Ingredients

### Comforting Cauliflower Bread Pudding

- ☐ 1/2 lb bread, about 1/2 loaf **\*\*(for GLUTEN ALLERGY sub 1/2 lb gluten-free/nut-free bread)\*\***
- ☐ 1 C milk **\*\*(for DAIRY ALLERGY sub 1 C unsweetened dairy-free/nut-free milk)\*\***
- ☐ 1 C vegetable broth **\*\***
- ☐ 2 large eggs **\*\*(for EGG ALLERGY sub 2 T water + 1 T cornstarch, stirred)\*\***

- ☐ 3/4 tsp salt, divided
- ☐ 1 big pinch ground black pepper
- ☐ 1/2 tsp dried dill
- ☐ 1/2 lb OR 1/2 head cauliflower
- ☐ 1 C Monterey Jack cheese **\*\***(for DAIRY ALLERGY sub 1 C dairy-free/nut-free cheese, like Daiya brand)**\*\***
- ☐ olive oil for cooking and baking

## Massaged Kale Salad

- ☐ 1 bunch lacinato (black) kale, stalks removed and discarded (or roughly 3 heaping C of bagged kale)
- ☐ 1 lemon, juiced
- ☐ 1/4 C olive oil + extra for drizzling
- ☐ 1 tsp salt, for sprinkling kale
- ☐ 2 tsp granulated sugar, agave syrup, or honey + more for taste
- ☐ 1 small handful toasted pepitas or sunflower seeds, optional

## Lemon-Up Soda

- ☐ 2 lemons
- ☐ 4 C club soda or sparkling water
- ☐ 1/2 C granulated sugar, agave syrup, or honey
- ☐ 1/2 C water
- ☐ 2 C ice

## Food Allergen Substitutions

### Comforting Cauliflower Bread Pudding

**Gluten/Wheat:** For 1/2 lb bread, substitute 1/2 lb gluten-free/nut-free bread.

**Dairy:** For 1 C milk, substitute 1 C unsweetened dairy-free/nut-free milk. For 1 C Monterey Jack cheese, substitute 1 C dairy-free/nut-free cheese, like Daiya brand.

**Egg:** For 2 large eggs, substitute 2 T water + 1 T cornstarch, stirred.

## Massaged Kale Salad

## Lemon-Up Soda

### Instructions

#### Comforting Cauliflower Bread Pudding

##### preheat + tear + grate

Preheat your oven to 350 F. Tear or cut a **1/2 pound loaf of bread** into very small pieces or cubes and place them in a large bowl. Grate **1 cup of Monterey Jack cheese** and set it to the side.

##### whisk + pour

In a medium bowl, have kids whisk together **2 eggs, 1 cup milk, 1 cup vegetable broth, 1/2 teaspoon salt, 1/2 teaspoon dried dill**, and **1 big pinch of black pepper** until well combined. Pour the mixture over the bread and let it sit for at least 5 minutes.

##### snap + chop + sauté

Have kids snap off the tough ends of a **1/2 pound OR 1/2 head cauliflower** and chop the tops into very small pieces. In a skillet on your stovetop, sauté the bits of cauliflower in a little olive oil with 1 pinch of salt over medium-high heat for 3 to 5 minutes or until soft and a little browned.

##### fold + grease + 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 olive oil on the wells of your muffin pan and fill each one about half-full with bread pudding mixture. Bake in your oven for 20 to 25 minutes or until cooked through.

#### Massaged Kale Salad

##### tear + squeeze + drizzle

Have kids tear leaves of **1 kale bunch** (discard the stalks) into small bits and add them to a large serving bowl. Squeeze the juice of **1/2 lemon** over the kale along with a drizzle of olive oil and a sprinkle of salt.

##### edible education

Green leafy vegetables are nutrient-dense foods, filled with vitamins, minerals, and fiber, and are low in calories. They provide several health benefits, such as reduced risk of heart disease and certain cancers, and they aid in healthy weight management and increasing cognitive function.

##### massage + wilt

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

### scrumptious science

Making salad dressing can be a little tricky. The density of oil and all the other ingredients is so different that they won't stay combined. You will notice that oil-based dressing separates into its original ingredients. To fix this issue, you will create an emulsion or combination of two ingredients that don't naturally stay combined. There are three kinds of emulsions: temporary (salad dressing), semi-permanent (e.g., Hollandaise sauce), and permanent (e.g., mayonnaise). By whisking the ingredients, you can create the most temporary form of an emulsion. The whisk incorporates friction (the force created when two things rub together), forcing the oil and lemon juice to combine for enough time to drizzle over your salad.

### whisk + pour

In a small bowl, have kids whisk together the juice of **1/2 lemon** with **2 teaspoons sugar** and **1/4 cup olive oil** until a dressing forms. Taste and add more sweetener if needed. Pour the dressing over the kale and toss. Kids can top their salad with some toasted pepitas or sunflower seeds, if desired!

## Lemon-Up Soda

### scrumptious science

Citrus fruits, like oranges, lemons, and grapefruits, are popular for their bright flavors and nutritional benefits, including high levels of vitamin C and other antioxidants. They are also a good source of fiber and low in calories, making them a healthy addition to any diet. Citrus fruits are native to South and Southeast Asia and have been cultivated for thousands of years.

### wash + slice + squeeze

Wash **2 lemons**, slice them in half, and squeeze the juice into a small bowl and set it to the side. Reserve the lemon peels.

### measure + combine

In a small saucepan on your stovetop, combine **1/2 cup water**, **1/2 cup sugar**, and the leftover lemon peels.

### boil + steep + cool

Bring to a boil and cook for 2 to 3 minutes. Then turn off the heat and let the mixture steep and 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.

### top + serve

Add **1 to 2 teaspoons of syrup** to the bottom of each cup, add ice, and top with **4 cups of club soda or sparkling water**. Enjoy!

# Featured Ingredient: Cauliflower!

Hi! I'm Cauliflower!

"I'm a vegetable with a head full of flowers—actually, flower buds. I'm a cauliflower, and my florets (also called curds) are a tight bunch! They are often white, but you might see cauliflowers with green, orange, and purple heads. We also have a variety called Romanesco broccoli (they like to be different), which is green with spiral, spiky-looking florets! Cauliflower is a great gluten-free substitute for a pizza crust, and you can make a yummy, low-carbohydrate version of mashed potatoes with me, too!"

## History

Cauliflower is a cousin of kale, cabbage, brussels sprouts, kohlrabi, collard greens, and broccoli. These vegetables (including cauliflower) are descendants of the same wild vegetable called "Brassica oleracea." Brassica oleracea is native to the southern and western coasts of Europe (find these areas on your map!). Over several generations, farmers have selected different features of the Brassica oleracea. From these selections, each of the original species' modern-day relatives was born: cabbage, kale, brussels sprouts, kohlrabi, broccoli, collard greens, and cauliflower.

These modern-day vegetables are called cultivars. They are different varieties of the same original plant bred to have desirable qualities for human purposes—in this case, to eat!

Cauliflower is quite a noble vegetable. History tells us that the French King Louis the 14th demanded that cauliflower be present at every feast.

China is the largest harvester of cauliflower in the world. China produces an estimated ten million tons of cauliflower and broccoli per year.

## Anatomy & Etymology

The head of the cauliflower (what we eat!) is actually undeveloped flowers! It's true! Each flower is bonded to its neighboring flower so that together, they form a tightly-packed head of "curds."

Cauliflowers can be purple, green, orange, yellow, or white!

Cauliflower develops coarse, green leaves that grow in a rosette shape. The leaves are attached to the stalk, which is centered and sturdy enough to hold the cauliflower's large, heavy white head.

These giant leaves grow up and over the cauliflower head to protect it. Cauliflower will stay white if farmers "blanch" it or cover the heads to shield them from the sun. When cauliflowers are the size of tennis balls, farmers cover them with their biggest outer leaves and tie them at the top. Farmers give the cauliflower leaves a haircut at harvest time and trim the huge leaves closer to the cauliflower head.

If cauliflower heads are not covered as they grow, they will turn dull yellow. Yellow cauliflowers actually have MORE vitamins than white cauliflower because the sun has allowed the heads to develop phytonutrients or special plant vitamins. Heirloom varieties of cauliflower are naturally bright purple, green, or orange and are also high in phytonutrients.

Cauliflower is a bit of a picky vegetable. It doesn't like to grow in too hot or too cold temperatures. It also prefers a very comfortable environment free from pests like insects (as we imagine, would most veggies and fruits!). Cauliflower is especially prone to insect infestations.

The word "cauliflower" may be from the French "chou-fleur" or from the Italian "cavolfiore," which both mean "cabbage flower."

## How to Pick, Buy, and Eat

Cauliflowers are picked when they have reached the expected size and texture.

When buying cauliflower, look for compact heads where the curds (individual florets) are not separated but tightly packed together. Avoid heads that have blemishes or spots on them.

Store raw cauliflower in a paper or plastic bag in the fridge for up to a week.

Cauliflowers can be eaten raw, cooked, or pickled. (They're delicious pickled!)

You can sauté cauliflower leaves in butter (just ask Nigella Lawson!).

You can also rice cauliflower florets or curds by pulsing them in a food processor for a great low-carb alternative to white rice.

## Nutrition

One cup of raw cauliflower has more vitamin C than an orange!

Cauliflower has quercetin, a pigment that helps protect our veins and arteries, the tubes that transport our blood!

Cauliflower is high in fiber, which helps us digest our food.

Our bodies are basically giant collections of cells. Every organ, every inch of skin, every body part is made up of millions of invisible cells that each have their own job in keeping us healthy.

Antioxidants are nutrients that clean our body's house to keep our cells happy and healthy. Fruits and vegetables provide these antioxidants, and cauliflower is an excellent source, keeping our internal house clean and healthy