



Superfragilistic Cauliflower Chive Mac 'n Cheese Cobbler in a Mug + Sparkling Apple Soda

By Erin Fletter

Prep Time 20 / Cook Time 4 / Serves 1 - 1

Shopping List

☐ FRESH

☐ 10 fresh chives

☐ 1 lemon

☐ FROZEN

☐ 1 C frozen cauliflower florets (can also use broccoli florets or mixed frozen veggies)

☐ DAIRY

☐ 2 T shredded cheddar cheese ****(see allergy subs below)****

☐ 1 T whipped cream cheese ****(see allergy subs below)****

☐ 2 T heavy whipping cream ****(see allergy subs below)****

☐ 1/2 T cold butter ****(see allergy subs below)****

☐ PANTRY

☐ 1 tiny squeeze of dijon mustard or 1 tiny pinch of mustard powder

☐ 1 pinch ground black pepper

☐ 2 T whole wheat or unbleached all-purpose flour ****(see allergy subs below)****

☐ 1/8 tsp baking powder

☐ 1 pinch salt

☐ 1 C apple juice

- ☐ 1 can sparkling water
- ☐ 1 tsp sugar
- ☐ HAVE ON HAND
- ☐ 3 ice cubes

Fun-Da-Mentals Kitchen Skills

snip: to use scissors to cut something with quick, sharp strokes.

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

shape: to form food into a specific shape by hand or with a cutting tool—examples are cutting cookie dough into shapes with cookie cutters, forming bread dough into a roll or crescent shape, and rolling ground meat into a meatball.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

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.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- ☐ Microwave
- ☐ Microwave safe mug
- ☐ Mixing bowl
- ☐ Clean pair of kid-safe scissors
- ☐ Measuring spoons
- ☐ Liquid measuring cup
- ☐ Metal spoon
- ☐ Paper towels
- ☐ Whisk

- ☐ Soap for cleaning hands
- ☐ Cutting board
- ☐ Kid-safe knife (a butter knife works great)
- ☐ Zester (or grater with small zesting plate/side)
- ☐ Citrus squeezer (optional)
- ☐ Drinking glass

Ingredients

Superfragilistic Cauliflower Chive Mac 'n Cheese Cobbler in a Mug

- ☐ 1 C frozen cauliflower florets (or frozen broccoli/mixed frozen veggies)
- ☐ 2 T shredded cheddar cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free Daiya brand cheese shreds + 1 pinch nutritional yeast)****
- ☐ 1 T whipped cream cheese ****(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)****
- ☐ 2 T heavy whipping cream, divided ****(for DAIRY ALLERGY sub puréed silken tofu)****
- ☐ 1 tiny squeeze of dijon mustard (or 1 tiny pinch of mustard powder)
- ☐ 1 pinch ground black pepper
- ☐ 2 T whole wheat or unbleached all-purpose flour ****(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)****
- ☐ 1/8 tsp baking powder
- ☐ 1 pinch salt
- ☐ 1/2 T cold butter ****(for DAIRY ALLERGY sub dairy-free/nut-free butter, like Earth Balance, or a nut-free oil, like olive or vegetable oil)****
- ☐ 10 fresh chives

Sparkling Apple Soda for One

- ☐ 1 C apple juice
- ☐ 1 can sparkling water
- ☐ 1 lemon
- ☐ 1/2 tsp sugar + more to taste
- ☐ 3 ice cubes

Food Allergen Substitutions

Superfragilistic Cauliflower Chive Mac 'n Cheese Cobbler in a Mug

Dairy: Substitute dairy-free/nut-free Daiya brand cheese shreds + 1 pinch nutritional yeast for shredded cheddar cheese. Substitute dairy-free/nut-free cream cheese. Substitute puréed silken tofu for heavy whipping cream. Substitute dairy-free/nut-free butter, like Earth Balance, or a nut-free oil, like olive or vegetable oil for butter.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Sparkling Apple Soda for One

Instructions

Superfragilistic Cauliflower Chive Mac 'n Cheese Cobbler in a Mug

combine + add + mix

To a mixing bowl, combine **2 tablespoons shredded cheddar cheese**, **1 tablespoon whipped cream cheese**, **1 tablespoon heavy whipping cream**, **1 pinch of black pepper**, and **1 tiny squeeze of dijon mustard**. Add **1 cup frozen cauliflower florets**. Mix well to coat the florets with the cheese mixture! Add the cheesy veggies to your microwavable mug.

cover + microwave

Cover the mug with a damp paper towel and microwave for 2 minutes.

whisk + cut in

Mix up your cobbler dough! To the same mixing bowl, whisk together **2 tablespoons flour**, **1/8 teaspoon baking powder**, and **1 pinch of salt**. Chop **1/2 tablespoon cold butter** into tiny pieces and cut it into the flour with your fingers to combine.

snip + mix + form

Snip **10 chives** into small pieces. Then, mix the chives and **1 tablespoon heavy whipping cream** into the dough. Form two biscuits with your hands!

top + shape + microwave

Top the cooked Cauliflower Mac 'n Cheese with the first biscuit. Form tiny shapes (e.g., a feather for a hat or features for a face) with the dough from the second biscuit and stick them on the first. Cover with a damp paper towel again and microwave for another 2 minutes. Let cool before digging in! It will be very hot!

Sparkling Apple Soda for One

add + zest + squeeze

Add **3 ice cubes** to your drinking glass. Wash and zest **1 lemon**. Slice the lemon in half and squeeze the juice into your glass. Add the lemon zest!

measure + pour + top + stir

Measure and pour in **1 cup of apple juice**. Top with sparkling water and **1/2 teaspoon of sugar**, then stir and taste. Add more sugar as needed. Cheers!

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