

Clever Ways to Add Vegetables

How to swap foods to get more vegetables into your family's diet.



- Add cooked vegetables to your sauces - puree them so they are well blended. Bask in the compliments about how flavorful your sauce is.
- Put cauliflower florets into a food processor until they are crumbled (not too overprocessed) and use them to replace rice or use them to make a pizza crust. See Recipe for Pizza Crust below.
- Finely chop mushrooms and add them to ground beef and use in recipes that call for ground beef.
- Have your kids use a spiralizer to make Zucchini noodles and use them instead of regular pasta noodles.
- Make tacos using romaine lettuce leaves instead of taco shells.

Pizza Crust using Cauliflower

Ingredients

- ½ head cauliflower, coarsely chopped
- ½ cup shredded Italian cheese blend
- ¼ cup chopped fresh parsley
- 1 egg
- 1 teaspoon chopped garlic
- salt and ground black pepper to taste

Directions

Instructions Checklist

- **Step 1**

Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded.

- **Step 2**

Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes. Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes.

- **Step 3**

Preheat an oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or a silicon mat.

- **Step 4**

Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated. Pour mixture onto the prepared baking sheet; press and shape into a pizza crust.

- **Step 5**

Bake in the preheated oven until lightly browned, about 15 minutes.

Recipe courtesy of: <https://www.allrecipes.com/recipe/232930/cauliflower-pizza-crust/>