

Market District Demo Recipes

Appetizer



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Cheezy Cauliflower Dip

Serves: 6

Modified from: www.cookinglight.com

Items Needed: cutting board, knife, measuring cups, measuring spoons, saucepan, can opener, blender

Ingredients:

- 4 c. chopped cauliflower (about 13 oz, from 1 head)
- 1 Tbsp olive oil
- ½ c. water
- ½ c. unsweetened almond milk
- ¼ c. cashews, soaked in very hot water for 2 hours
- ¼ c. nutritional yeast
- 1 tsp chili powder
- ½ tsp salt
- 1 tsp garlic powder
- Juice of 1 lemon
- ¾ tsp ground cumin
- ¼ tsp ground turmeric
- 1/8 tsp mustard powder
- ¼ c. canned diced tomatoes and green chiles, drained (such as Rotel)
- Cilantro leaves
- Tortilla chips or bell pepper strips, for serving

Directions:

1. Bring a large pot of water to a boil. Break down the head of cauliflower into medium florets. Once the water is boiling, carefully place the cauliflower into the boiling water. Boil until the cauliflower is tender, 7-9 minutes. Carefully remove the cauliflower with a slotted spoon.
2. Combine water, almond milk, drained cashews, nutritional yeast, chili powder, salt, garlic powder, lemon juice, cumin, turmeric, mustard powder, and boiled cauliflower in a blender. Secure lid on blender and remove center piece to allow steam to escape. Place a clean towel over opening. Process until smooth, about 90 seconds.

3. Spoon queso into a serving bowl and stir in diced tomatoes and green chiles. Garnish with cilantro leaves. Serve with tortilla chips or pepper strips.

Nutrition Information (per 1/3 cup dip):

Calories: 120 Fat: 8 g Carbs: 9 g Protein: 4.5 g Fiber: 2.5 g Sodium: 221 mg