

Vegetable Sides Recipes

Curried Cauliflower

1 medium - large head of cauliflower, cut into bite-sized florets
1 tablespoon mild curry powder (or more to taste)
½ teaspoon salt
Freshly ground pepper
2-3 tablespoons extra virgin olive oil

Preheat oven to 375 degrees. Combine the cauliflower, curry powder, salt, pepper and olive oil in a casserole dish, using clean hands to incorporate the ingredients evenly. Bake until the cauliflower is tender and browned, about 30-40 minutes. This dish is excellent served hot, cold, or room temperature and makes for great leftovers.

Tahini Brussel Sprouts

2 pounds brussel sprouts
2 tablespoons tahini
Juice of one lemon
2 tablespoons water
3 tablespoons olive oil
2 cloves garlic, minced
Salt and pepper
Sesame oil (optional)
Sesame seeds (black sesame seeds have a pretty color effect, but any color is fine)

Remove the stump and outermost leaves of the brussel sprouts, and cut them into quarters. Rinse and drain well. Dry the sprouts well with a cloth or paper towel. Make the tahini sauce by combining tahini, water, lemon juice and a pinch of salt. When the tahini makes initial contact with liquid, it will seize up and harden, but continue to stir until a paste and then a sauce forms.

In a large sauté pan, heat a generous bit of olive oil (about 3 tablespoons) over high heat. When hot, add the garlic. Just when the garlic begins to brown, carefully add the brussel sprouts and a dash of salt and pepper. Let the sprouts cook for 10-15 minutes, stirring occasionally, until they are bright green and browned in some areas. They should be a soft consistency. If the sprouts brown before they are soft, add a tablespoon or so of water to the pan, repeating if necessary until the desired consistency is reached. Remove from heat, and when the sprouts cool to a warm or room temperature, add the tahini sauce, and stir to combine. Place in serving dish, drizzle with sesame oil and sesame seeds, and serve!

Roasted Kabocha Squash

Kabocha is also known as “Japanese Pumpkin” and can be found at NYC farmer’s markets throughout fall and winter months. Compared to other squash, kabocha has an incredibly rich buttery flavor and smooth consistency – it’s delicious. Once cooked, its skin becomes tender enough to eat, which means there’s no need to peel it for most recipes. This recipe is great to eat at any temperature and could be perfect for someone with mouth sores. It would also likely make a nice puree, with the addition of some milk/milk substitute or vegetable broth.

1 medium sized Kabocha squash, seeded and cubed
2 tablespoons extra virgin olive oil

1 teaspoon salt and ground pepper
1 teaspoon ground cinnamon

Preheat your oven to 400 degrees. Combine all ingredients in a baking dish and place in the oven. Cook for about 30 minutes, flipping once, until tender.