



Cauliflower Potato Cake

with Stewed Red Lentils and Watercress

Serves 3

approx. cost per serving \$3

Cauliflower Cake Ingredients:

Cauliflower, cut into florets	2 ½ cups
Idaho Potato, peeled and large dice	2 cups
Sweet Onion or Leeks, small dice	½ cup
Purified water	1 cup
Nutmeg, freshly grated	pinch
Celtic Sea Salt	1 tsp
Italian or French Bread Crumbs	½ cup (enough to bind cake)
Cashews, chopped fine	½ cup
Olive Oil	2 tsp

Cauliflower Cake Method:

- Preheat oven to 350 degrees.
- Combine cauliflower, potatoes, onion, water and salt in a sauce pan. Cover and steam until vegetables are tender enough to mash. Drain.
- Mash with a fork or potato masher. Season with nutmeg. Let mixture cool.
- Fold in the oil and bread crumbs and mold into patties. Coat with cashews.
- Lightly oil a cookie sheet or use a non stick pan and place cakes in the oven and bake until cashews are light brown (30 minutes).
- Serve with Stewed Red Lentils, steamed greens and toasted cashews.

Stewed Red Lentil Ingredients:

Olive Oil	1 tsp
Sweet Onion, small dice	½ cup
Celery, small dice	½ cup
Carrot, small dice	½ cup
Garlic, minced	1 clove
Roma Tomato, small dice	1 each

Dried Red Lentils	1 cup
Purified Water	3 cups
Caraway, ground	¼ tsp
Parsley, minced	2 Tbsp
Smoked Sea Salt	¼ tsp
Brown Rice Vinegar	1 ½ tsp
Celtic Sea Salt	to taste
Cayenne	to taste

Stewed Red Lentil Method:

- In a medium sauce pot, heat olive oil. Add carrots, celery, onion and garlic. Sweat.
- Incorporate tomatoes and lentils. Stir well.
- Add water, caraway and parsley. Simmer until the lentils are tender (15 minutes).
- Season with brown rice vinegar, salt and cayenne.