

## BROCCOLI & CAULIFLOWER LATKES



### INGREDIENTS

- 3 Cauliflower Heads (cut into flowerettes)
- 3 Broccoli heads with the thick stems (cut into flowerettes)
- 2 Red peppers (chopped)
- 4 Onions (large) (chopped)
- 5 T Garlic olive oil
- 1 C Quinoa Flour **OR** 1 minute Oatmeal
- 1 C Falafel mix **OR** 1 can Chick Peas (also known as Garbanzo beans) (processed)
- 1 T Mrs. Dash Salt-Free Garlic & Herb Seasoning
- 1 T Morton's No-Salt or Sea Salt
- Non-stick cooking spray

### STEAMING & MIXING INSTRUCTIONS

- 1 Steam cauliflower in a steamer for 14 minutes & then do the same for the broccoli
- 2 Spray a saute pan & then pour 3 T of the garlic olive into a saute pan
- 3 Saute onions until golden & then pour into a large bowl
- 4 Using that same saute pan, now add 2 T garlic olive oil & delicately sauté the peppers adding them to the large bowl
- 5 When the sauteed & steamed vegetables are cooled off process by filling the container 1/2 full pulsing until blended & then add the mix to the large bowl
- 6 Repeat the process until all the broccoli & cauliflower are in the bowl
- 7 Add theremaining ingredients
- 8 You may need to add more eggs or egg white if the mix is too thick
- 9 If the mix is too thin, then add some more four **OR** Oatmeal
- 10 If you used chick peas or garbanzo beans instead of falafel mix you may need more seasoning
- 11 Cover the bowl & place in the refrigerator for 1 to 24 hours whichever works for you

### PAN FRYING

- 1 Heat a large saute pan with enough oil to coat the pan at a medium-high setting  
If the oil 'spits' when you put a drop of water in it then it is ready
- 2 Use a 1/2 cup of mix
- 3 When the bottom is golden brown flip them
- 4 When the other side is golden brown remove & place on a paper towel with another paper towel on top to blot out the excess oil

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# BROCCOLI & CAULIFLOWER LATKES, ETC.

## BAKING CHOICE # 1

- 1 Use non-stick cooking spray & liberally coat the bottom & sides of each cupcake holder space
- 2 Pour mix into the the individual spaces but do not overfill
- 3 If you would like them crisp spray the top of the mix with non-stick cooking spray before it goes into the oven
- 4 Bake at 400 degrees for 60 minutes or until done
- 5 If you like them crisp then you might put them on the top shelf for the last 10 minutes
- 6 You can tell if they're done if they feel solid when you push down on the top
- 7 Let them cool completely
- 8 Take a dinner knife (not serrated) & slice around each cupcake to loosen it before removing them from the cupcake holder

## BAKING CHOICE # 2

- 1 Pre-heat oven to 450
- 2 Using a 1/4 C measuring cup, drop mixture onto baking pan sprayed with non-stick spray
- 3 Flatten latkes slightly & spray with non-stick spray
- 4 Bake uncovered for 10 minutes, or until bottoms are nicely browned & crisp
- 5 Gently flip latkes
- 6 Bake 8 to 10 minutes longer or until at least golden

## TIP

### TO SERVE CRISP LATKES

Pre-heat oven to 450

Spray a non-stick cooking spray on a baking sheet

Place latkes on the baking sheet 10 minutes before serving

Place baking sheet with latkes in the oven on the middle shelf

Bake 5 minutes & then flip the latkes

Remove to platter & serve immediately

### **FLOUR SUBSTITUTES**

Coconut flour

Tapioca flour

Quinoa flour

Almond flour

Potato starch



