



From the Kitchen of Executive Chef Jessica VanRoo

Cream of Broccoli Soup with Cauliflower Parmesan Crisp

Serves 3-4

250 calories, plus 41 per crisp

Description from Living Well UCI Health Blog: www.ucihealth.org/blog

Broccoli and cauliflower are both high in tryptophan, an amino acid the body needs to make the hormones serotonin and melatonin. Melatonin is vital to healthy sleep-wake cycles and serotonin helps regulate mood, behavior and cognition.

They also are great sources of vitamin K, believed to enhance memory function.

Total cost: \$12.15/\$3.03 per serving

Cream of Broccoli Soup

- 1 tablespoon avocado oil
- ½ small onion, diced (about ½ cup)
- 2 teaspoons garlic, minced (about 2 cloves)
- 1 lb. broccoli florets and stems (about 1 small head)
- 1 15 oz can cannellini or great northern beans (drained and rinsed)
- 3 ½ cups vegetable stock or bone broth
- ½ teaspoon Italian seasoning
- Salt and pepper to taste

Parmesan Crisps

About 6 crisps, depending on size:

- 2 cups riced cauliflower
- 6 tablespoons freshly grated Parmesan cheese
- ½ teaspoon garlic powder
- 1 ½ teaspoon Italian seasoning



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Cream of Broccoli Soup

1. Heat pot or deep sauté pan over medium-high heat, adding oil when heated.
2. When oil is hot, add onions, sauté for 30-60 seconds until they begin to soften.
3. Add garlic and broccoli, sauté another minute, stirring constantly to keep garlic from burning.
4. Add beans, broth and seasoning to pot.
5. Bring mixture to a boil, cover and turn down heat, simmering 5-6 minutes until broccoli is soft.
6. Use immersion blender to mix the soup until it is smooth and creamy.
7. Add salt and pepper to taste.
8. Ladle soup into bowls and serve with cauliflower crisp, if desired.

Cauliflower Parmesan Crisps

1. Preheat oven to 425 degrees, line a baking sheet with parchment paper.
2. Steam riced cauliflower for 5 minutes on stove or cook 3 minutes in microwave, until tender.
3. Remove any excess water from cauliflower rice, using cheesecloth or strong hands.
4. In a bowl, combine cauliflower with cheese and seasonings, mixing well.
5. Form cheese and cauliflower mix into balls, about 1½ tablespoons each and place on lined baking sheet.
6. Flatten balls on baking sheet, making them as thin as possible and smoothing any cracked edges.
7. Bake 15 minutes or until golden brown.
8. Serve with soup or store and reheat as desired.