

KitchenAid 3.5 Cup Chopper

Cauliflower Pesto

1/2 head cauliflower, cut into chunks (as much to fill $\frac{2}{3}$ the bowl)

1/4 cup unsalted toasted almonds or pine nuts

1/4 cup green olives

2 to 3 sun-dried tomatoes

2 tablespoons grated parmesan cheese.

1 medium clove garlic

1/2 tablespoon capers - drained

A handful fresh flat-leaf parsley leaves

Pinch crushed red pepper flakes, or more as needed

1/4 cup extra virgin olive oil

2 to 2½ teaspoons sherry vinegar, or more to taste

Salt to taste

Place the cauliflower pieces into the KitchenAid 3.5 Cup Chopper and pulse to form a couscous-like texture and transfer to a large mixing bowl.

In chopper, add nuts, green olives, sun-dried tomatoes, cheese, garlic, capers and parsley. Pulse to form a coarse bread-crumbs consistency, then drizzle in a ½ teaspoon of olive oil from the top and pulse one more time. Remove lid and from base and add the mixture to the cauliflower in the bowl, along with the crushed red pepper flakes.

Stir in the remaining olive oil, 2 teaspoons of the sherry vinegar and salt. Mix well and serve with toasted bread or crackers.

Variation: Roast the cauliflower before adding to chopper.

Coconut Almond Energy Bars

1 cup gluten free old fashioned rolled oats

1/2 cup almond butter

1/4 cup whole oven roasted almonds, no salt

1/4 cup unsweetened shredded coconut

1 tablespoon chopped dates
1/4 cup organic agave light golden nectar
1/4 cup mini chocolate chips
1 tablespoon ground flaxseed meal
1/2 teaspoon cinnamon
Pinch of kosher salt

Preheat oven to 350 degrees and line a baking sheet with parchment paper and set aside.

Using your KitchenAid 3.5 Cup Chopper, pulse together all of the ingredients until well combined.

Remove the mixture from the Chopper onto the lined baking sheet. Use a rubber spatula to spread evenly and gently press down until ½-inch thick.

Turn the oven down to 325 degrees and bake for about 10 to 12 minutes. Cut into bars.

Variation: Can also be rolled into Energy Balls (not baked).

Salsa Verde:

1/2 pound tomatillos, husks removed, rinsed (6-8)
1 small jalapeno or serrano chili pepper, seeded and ribs removed
1 small garlic clove
1/4 teaspoon salt
1 cup fresh cilantro leaves, loosely packed

Place tomatillos and chili pepper in small, covered microwave-safe dish. Microwave on HIGH 5-6 minutes or until tender. Set aside to cool completely.

In Chopper bowl combine tomatillos, ¼ of the chili pepper, garlic, and salt. Puree until smooth. Taste sauce to check heat level. Add additional chili pepper a small piece at a time, if desired. Add cilantro; pulse until coarsely chopped and well combined.

Tip: Chili peppers vary in heat level from pepper to pepper so taste before adding all of it to determine preferred heat level.