



# Cooking in the Kitchen at Olums

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*Delicious Recipes  
that are Easy & Nutritious*  
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## **Creamy Cauliflower & Garlic Soup**

Serves 6

### Ingredients:

- 1 head cauliflower, cut into florets  
or 4 cups frozen cauliflower florets
- 1 Tbsp olive oil + 2 tsp olive oil, divided
- 2 heads of garlic
- 1 small sweet onion, diced
- 1 tsp poultry seasoning or dried thyme
- 3 tsp vegetable stock base
- 4 cups water
- 1/2 cup Asiago cheese, grated
- salt and pepper to taste

### Superfood Crunch Ingredients:

- 1 Tbsp raw quinoa
- 2 Tbsp whole grain breadcrumbs
- 1 Tbsp chia seeds
- 1/4 cup Asiago cheese, grated

### Directions:

1. Preheat the oven to 425° F.
2. Place the cauliflower florets on a sheet pan and drizzle with olive oil.
3. Cut the bottom of each head of garlic. On a sheet of foil drizzle 1 teaspoon of olive oil and then place the cut side down of each head of garlic on the foil. Wrap the foil around the garlic. Place the garlic wrapped in foil on the sheet pan with the cauliflower.
4. Roast the cauliflower and garlic for 25-30 minutes, until the cauliflower is roasted and lightly browned and the garlic cloves are softened. Remove from the oven and set aside.
5. In a soup pan sauté the diced onion with 1 teaspoon of olive oil for 5-7 minutes, until tender.
6. Once the roasted garlic is cooled enough to work with, remove the cloves and place in the soup pot. Add the roasted cauliflower and poultry seasoning or thyme to the pot.
7. Mix the water with the vegetable stock base until combined. Add to the soup pot.
8. Bring the mixture to a boil, then reduce heat and simmer for 10 minutes. Then remove from the heat and blend the soup using an immersion blender until it is thick and smooth.
9. Stir in the shredded Asiago cheese. Season with salt and pepper to taste.

### *Serving Suggestion: Top the soup with Superfood Crunch*

To prepare the Superfood Crunch: In a small skillet, over medium heat, add the quinoa. Gently stir the quinoa to keep it from burning and the quinoa will start to pop once it is hot, resembling small tiny pieces of popcorn. Once the quinoa is popped (about 10 minutes), add the bread crumbs, chia seeds, and shredded cheese. Stir to combine and until the cheese is melted. Remove from the heat and let the mixture cool.

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