

Cauliflower Pizza

Ingredients:

1 head cauliflower, stalk removed*

1/2 cup shredded mozzarella*

1/4 cup grated Parmesan

1/2 teaspoon dried oregano

1/2 teaspoon basil

1/2 teaspoon kosher salt

1/4 teaspoon garlic powder

2 eggs, lightly beaten

Directions:

1. Preheat the oven to 400° F. Line a baking sheet with parchment paper.
2. **Break the cauliflower into florets** and pulse in a food processor until fine. Microwave for 5 minutes and let cool for a minute. Drain well. (I like to put it on a towel to get all the moisture out.) Let cool.
3. **In a bowl, combine the cauliflower with the mozzarella, Parmesan, oregano, salt, garlic powder and eggs.** Transfer to the center of the baking sheet and spread into a circle, resembling a pizza crust. Bake for 20 minutes.
4. **Add desired toppings** and bake an additional 10 minutes.

Crunchy Munchy Peanut Butter Balls

Source: CA Dept of Public Health

Yield: 20-25 balls.

Ingredients:

1 cup peanut butter*

1/2 cup powdered dry milk*

1 1/2 cups crisp(y) rice cereal*

1/2 cup raisins

1-2 Tablespoons brown sugar

1 teaspoon vanilla extract (optional)

Directions:

1. **In a bowl, mix all ingredients together.**
2. **Press ingredients together by hand until well blended.**
3. **Shape into small (golf ball-sized) balls and place on plate.**
4. Chill in refrigerator.

- **WIC Foods**
- **Children can help!**

Bean Tamale Pie

Source: <https://extension.umaine.edu>

Yield: ~2 servings of 1 cup each

Ingredients:

2 tablespoons green pepper, chopped*

2 tablespoons onions, chopped*

1 teaspoon oil

1 cup kidney beans, canned, drained*

1/2 cup tomato puree*

About 1 cup frozen whole-kernel corn*

1 1/2 teaspoons chili powder

1/3 cup yellow cornmeal

3/4 cup water

Directions:

1. Cook green pepper and onion in oil in small (8-inch) frying pan until tender.
2. **Stir in beans, tomato puree, corn, and chili powder.** Cover and cook over low heat until flavors are blended, about 15 minutes.
3. **Mix cornmeal and water.** Cook over low heat, stirring constantly, until very thick, about 3 minutes.
4. **Spread cornmeal mixture over bean mixture to form a crust.** Cook over low heat, with lid ajar, until topping is set, about 7 minutes.