

Cauliflower Patties

1 head cauliflower (steamed)
6 eggs
3/4 cup grated Parmesan cheese
2 cloves of garlic (mashed)
salt
pepper

Beat eggs in a mixing bowl. Add pinch of salt, pinch of pepper, grated Parmesan cheese and garlic and whisk together. Fork off the heads of the cauliflower into bite sized pieces. Add cauliflower to the egg mixture and whisk together.

Add enough vegetable oil to cover the bottom of a sauté pan and heat to frying temperature.

Add heaping tablespoons of the cauliflower/egg mixture to the pan. Flip when golden using 2 forks and transfer to a paper towel to absorb excess oil.

Transfer to a serving plate and serve warm.

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Pesto Sauce

6-8 Basil leaves
1/2 cup olive oil
2 cloves garlic
1/4 cup Parmesan cheese
1/8 cup pine nuts

Add all ingredients to a food processor and grind to a sauce-like consistency.

Pesto Chicken Pasta

1 lb of chicken tenders (cubed)
1 medium shallot or onion (chopped)
2 portabella mushroom caps (sliced and then chopped into bite sized pieces)
1 cup quartered artichoke hearts
1 lb tortellini or penne
2 Tbsp

Coarsely slice shallot and sauté in olive oil on medium high heat in a covered pan - do not burn the shallot. Cut chicken tenders into bite sized cubes. Sauté along with the shallots in the covered pan, stirring occasionally until cooked.

Cook the tortellini (or penne) according to instructions. Drain when done.

Coarsely chop the mushrooms, add to the chicken mixture and stir to mix evenly. Add artichoke hearts and stir very gently to mix in. Add the cooked pasta and stir in gently.

When the chicken mixture is completely cooked, stir in the pesto sauce into the pan with the chicken. Turn the heat to low and mix thoroughly.

Transfer to serving dish, top with fresh grated parmesan cheese and enjoy!

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