

# Roasted Cauliflower Salad with Radicchio, Cranberries, Pepitas, and Goat Cheese

By Susie Iventosch

This colorful salad is made with a delightful combination of flavors and textures, featuring roasted orange cauliflower, sweet, dried cranberries, slightly bitter radicchio, crunchy salted pepitas, and creamy goat cheese. It's all tossed together in a light and tangy Champagne vinaigrette and is the perfect balance of savory, sweet, tangy, and salty elements.

Cauliflower comes in a variety of colors, and you can make this

dish with whichever you like best. I am partial to the beautiful orange, or what they call "cheddar" cauliflower. The color comes from a genetic mutation (not genetically modified) that allows the plant to store extra beta-carotene. Orange cauliflower has 25% more vitamin A than the more common white variety. If you look at purple cauliflower, that color comes from the antioxidant anthocyanin, found in red cabbage, radicchio,

and red wine. Purple cauliflower is also an excellent source of Vitamin C. So, overall, colorful cauliflower is not only beautiful, but healthier, too!

We usually roast our cauliflower before using it in recipes; it really brings out the flavor and sweetness, plus it looks so good. Tossed in a little bit of olive oil and your favorite seasonings, it's a great veggie dish all by itself, but it's also fantastic mashed and used in

place of potatoes, or tossed in a salad like this recipe. We especially love this salad with Champagne or Prosecco vinaigrette, but if you don't have either in your pantry, white wine vinegar works well too. For a little variety, replace the pepitas with roasted pistachios or toasted pecans.

"I like to roast the cauliflower a day or two ahead of time to make it quicker and easier to assemble the salad when I'm ready. My



Roasted Cauliflower Salad

Photos Susie Iventosch

family prefers a slightly tangy salad dressing, so we like to go light on the olive oil, but if you prefer it a little less tangy,

then simply add more olive oil, a tablespoon at a time, until you reach the desired taste."

## Salad Ingredients

- 1 head orange cauliflower
- 2 tbsp. olive oil
- 1 tsp. lemon pepper (or salt and pepper)
- 3/4 cup roasted & salted pepitas (can use pistachios or pecans)
- 3/4 cup dried cranberries
- 4 oz. goat cheese, crumbled
- 1 cup finely shredded or thinly sliced radicchio
- 1 head romaine lettuce
- Salt & pepper to taste
- Champagne Vinaigrette
- 1/4 cup Champagne vinegar (or Prosecco vinegar)
- 1/2 tsp. fresh lemon juice
- 1/2 cup extra-virgin olive oil
- 1/8 tsp. white pepper
- 1/4 tsp. salt
- 1 small shallot finely diced, and sautéed if you prefer it cooked

## DIRECTIONS

### Prepare Cauliflower/Salad

Preheat oven to 425°F. Spray a baking sheet with cooking spray. Set aside. Clean and cut the head of cauliflower into florets. Toss with olive oil and season with lemon pepper, or salt and pepper.

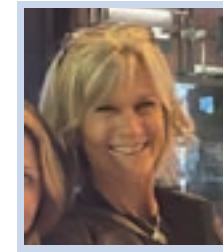
Lay the florets out onto the prepared baking sheet. Roast for about 20-25 minutes, or until the cauliflower is just beginning to brown and is knife tender, but still al dente. Remove from oven and cool. Cut into bite-sized pieces. This step can be done a day or two ahead of time.

Meanwhile, make dressing (recipe below), slice the radicchio, and clean and tear Romaine into bite-size pieces. Set aside.

When ready to serve, toss roasted cauliflower with radicchio, cranberries, pepitas, and goat cheese. Toss in vinaigrette and serve over a bed of romaine.

### Champagne Vinaigrette

Finely dice shallots. If you like them raw, then add them with the rest of the ingredients to a container with a tight-fitting lid. If you prefer them sautéed or even caramelized, then cook them in a little bit of olive oil until desired doneness, and then add them to the remaining ingredients. Shake well.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com) If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

## Coach's Corner



Welcome to Coach's Corner, where Advantage College Planning addresses questions asked by local student families. If you have a question you'd like us to address, please email us [eastbay@advcp.com](mailto:eastbay@advcp.com).

*Question: My daughter was accepted to Washington University. She'd love to attend but they did not give us enough financial aid. Do you have any suggestions?*

Thank you for asking this question. Surprisingly, colleges and auto dealerships share one commonality: the first offer is often not the final offer; if you ask for a better deal, you'll probably get one! And if you mention a stronger offer from a different institution, the college (or dealership) may improve their aid even further. I worked with a student who emailed ever-increasing financial aid offers between two competing schools. It saved her a lot of money. The takeaway: negotiate (respectfully) with your college's financial aid department.

*Question: My son (sophomore) is planning to spend the summer studying for the SAT... at least, that's what he tells me. How would you recommend that he spend his summer?*

Hi! This is a great question! We recommend sophomores practice the SAT or ACT for one hour a day, five days a week. If a student wants to study more—great! But most do not. Minus a few hours per week on SAT prep, your son has his entire summer ahead of him. I would recommend a few activities: work, community college and volunteering.

- 1) Work experience. I recommend working 15-40 hours a week. A job is beneficial in many ways - students learn how to work with others, take feedback, manage money, etc. It also looks great on college applications. When applying to college, many of my students write about their summer jobs.
- 2) Community college. He should sign up for a CC class (or two!) in a subject that interests him. Colleges look for intellectually curious students; many colleges actually score students on their intellectual curiosity ("IC") and one of the best ways to score highly is to take interesting classes. I highly recommend that students take one or two community college classes between grades 10 and 11 and again between grades 11 and 12. These classes should be taken for college credit and should be in person if possible (online classes aren't always accepted by non-UCs/CSUs for credit).
- 3) Volunteering and pursuing a passion are also important. I recommend a regular, year-round commitment to a cause that your student believes in. Two hours a month (or more) is great! It is critical that students genuinely believe in their cause and volunteer consistently. If they don't love their volunteer experience, find another use of their time.

We'll be back next month with more Q&A!



OUR CONTACT INFO

# Looking Good in Lamorinda Femininity is the theme this spring

By Moya Stone



Photos Moya Stone

## Shirtwaist dress in spring print at J.McLaughlin.

What's exciting about the start of a new season? Besides a shift in the weather, it's the thought of new fashions. Femininity is the theme for spring 2024; on the runways designers were loving lace, bows, sheer fabrics, and long dresses. Elle magazine says, "the sweet aesthetic will reign supreme this spring." Other trends that I'm excited about include striped T-shirts and polo shirts. Both tops work well casually with shorts or more dressed-up with the classic pencil skirt. For an extra fashion punch, pair the polo with a scarf.



## Wicker and leather handbags are available at J.McLaughlin.

Patty Giammona, Assistant Store Manager at J.McLaughlin in Lafayette, filled me in on what's big this season: "Vibrant florals, statement accessories, and natural hued sandals that go with everything." When I recently popped into the store, Sales Associate Michele Nagel showed me, around pointing out new items for spring including wide-leg jeans, floral print blouses, and wicker handbags. They have a selection of shirt-waist dresses in interesting prints (with pockets!), which are great for summer travel. Belts continue to be an important accent piece and J.McLaughlin has raffia belts in spring-friendly colors: navy blue, yellow, and orange. Put together a new spring ensemble and head over to the de Young Museum to view their current exhibition Fashioning San Francisco: A Century of Style. A smash hit since its

opening in January, this exhibit features over 100 couture and high fashion pieces worn by prominent SF Bay Area women. More than fifty designers are represented including Jeanne Lanvin, Rei Kawakubo, Christian Dior, Vivienne Westwood, Christopher John Rogers, and Alexander McQueen, just to name a few. Fashioning San Francisco is divided into seven sections that smoothly transition from one to the next. Something new (at least to me) is the use of two levels of mannequin displays, called - balconies - one on top of the other. I liked the simplicity and use of space, plus it felt fresh while offered viewing from a distance. Also new and great fun is Snap AR Activation, which allows attendees to "try on" some of the couture in the exhibit. Stand in front of a screen and like magic it will drape your reflection in a beautiful gown. (Don't miss it - it's located downstairs from the main exhibit.) Fashioning San Francisco: A Century of Style is on now through Aug. 11.

I was saddened to hear that Macy's in Union Square is closing. What a void that will leave both in the downtown area and in many hearts. Macy's was my go-to department store when I was in high school. One summer I worked part-time in the Juniors Fashion Department ironing the new stock before it went out on the floor. I got a kick out of being behind the scenes where some of the back stock was kept and where models tried things on for fashion shows. (There are lots of stories like mine in Lost Department Stores of San Francisco (The History

Press) by Anne Evers Hitz, a fifth-generation San Franciscan. In her book, Hitz tells about the rise and fall of some of the prominent downtown department stores, including the Emporium, The White House, The City of Paris, I. Magnin, and Joseph Magnin, among others. She digs deep into the history of each store, covering when each opened, what made it successful, and what contributed to its decline. I particularly enjoyed all the stories she includes from former employees and customers.

Finally, congratulations to Assistance League Thrift Shop in Lafayette who won "Best Thrift Shop" in The East Bay Times. Stop by and see what fashionable treasure you might find for your spring wardrobe.

Enjoy the new season and go forth in style. Moya Stone is a fashion writer and blogger at [www.overdressedforlife.com](http://www.overdressedforlife.com)



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