

What's Fresh:

# Cauliflower



## It's naturally good!

- ◆ Low in fat and calories
- ◆ Rich in Vitamins C & K
- ◆ Good source of fiber & Vitamin B6

## Storage Tips:

Do not wash until ready to eat.  
To keep fresh, store in the refrigerator in a plastic bag for up to 1 week.

## Too much of a good thing?

### Freeze it!

Boil the florets for 3 minutes, then transfer to a bowl filled with ice water. Drain, pat dry, and store in a freezer-safe container for 4-6 months.

Use in cooked recipes.

## Preparation Tips:

- ◆ Peel away outer leaves. Using a knife, cut through where the green stem meets the white head of the cauliflower.
- ◆ Remove the woody core. Turn the cauliflower head upside down; insert a knife and slice in a circular motion to remove.
- ◆ Make florets. Cut the stem of each cluster of florets with your knife, then break away bite-size florets using your hands or a knife.

## Ways to eat cauliflower:



- ◆ **Eat it raw.** Enjoy with hummus or low-fat ranch for a healthy snack.
- ◆ **Steam it.** In a pot with a steamer tray, bring a few inches of water to a boil. Add cauliflower florets and cover; cook until fork tender. Season to taste.
- ◆ **Stir-fry it.** Heat oil in a pan; add florets and cook until golden and softened.
- ◆ **Roast it.** Toss florets in a few tablespoons of oil, a pinch of salt and pepper, and 2 cloves minced garlic. Roast on a baking sheet at 400 °F for 10 minutes. Turn cauliflower; roast for 10 more minutes, or until golden brown.
- ◆ **Boil and mash it.** Boil cauliflower until tender. Drain the water; add milk, butter and seasonings. Serve as you would mashed potatoes.
- ◆ **Make cauliflower "rice."** Grate fresh cauliflower to the size of rice. Remove any excess moisture with a paper towel. Microwave covered for 3 minutes. Season and serve as you would rice.
- ◆ **Add to soups or stews.** Florets will be cooked after 15-20 min. in simmering liquid.



See more recipes on the back 

