

We are celebrating cauliflower!

Prepare cauliflower
many ways:

Steam it.

Roast it.

Tot it!

Did you know?

*Like potatoes, cauliflower is high in
vitamin C and can be shredded to make tots!*

*Try Food Hero's Baked Cauliflower Tots for a
surprising twist to your meal routine.*



Oregon State
University



Visit [FoodHero](https://www.foodhero.org) to find more healthy, tasty recipes
that fit your budget!

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