

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.



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