

#### **Give Your Family** More of the Good Stuff!



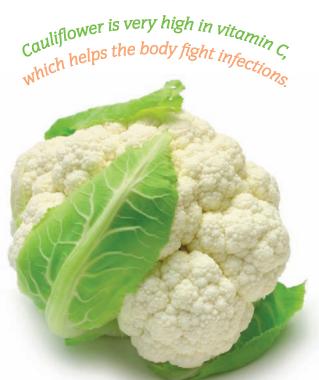




## Cauliflower Basics

### \$hop and \$ave

- Choose cauliflower with a heavy compact curd (head). There may be light green leaves covering part of the curd or the leaves may have been trimmed and the cauliflower wrapped in plastic.
- Avoid heads with brown spots or loose sections of curd that are spread out.
- Fresh cauliflower is generally available year round. It is often cheaper and fresher when harvested locally, usually late summer or fall.
- Frozen cauliflower is also available and may be a better buy at some times of the year.



# Types of Cauliflower

While white is the most common, other colors are available in supermarkets and farmers markets.

White - has creamy white curds and a mild flavor.

Orange - has bright orange curds and higher amounts of beta-carotene



(vitamin A) than other colors. When cooked, the curds become a brighter and deeper orange color. Has a mild and slightly sweet taste.

Purple - has violet-purple curds that turn blue-green when cooked. Has a

very mild and light nutty flavor.

Green (Romanesco) is a cross between broccoli and cauliflower. Has bright, light green curds. Some

varieties have interesting shapes. Raw tastes much like cauliflower; cooked tastes more like broccoli.

# Store Well Waste Less

- Cauliflower can be stored in a plastic bag with holes, a paper bag, or an open container for up to a week in the crisper drawer of the refrigerator.
- Trim away the leaves and wash under cool running water just before use.



Cauliflower can be frozen. For best quality, blanch and cool; package in airtight containers or bags; date the package and use within a year.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211.

## Cooking with Cauliflower

#### **Fix Cauliflower Many Ways**

- Serve raw in a salad or with low-fat ranch, hummus, or other vegetable dip.
- Steam in a basket over boiling water for 3 to 5 minutes or until barely fork tender.
- Roast (whole, sliced, or florets) in a 400 to 450 degrees F oven until crisp tender. Stir or turn as needed.
- Sauté in a small amount of oil over medium-high heat until lightly browned and crisp tender.
- Microwave in a covered dish with water added. Time will depend on amount of cauliflower and the power of the microwave.
- Boil in water until just fork tender.

#### Cauliflower Salad

#### Ingredients:

- 4 cups mixed **cauliflower** and **broccoli** florets (fresh or frozen)
- 1 cup celery, diced
- ½ cup onion, diced
- 1/4 cup sweet bell pepper, any color
- 1/3 cup lite mayonnaise
- 1/3 cup nonfat plain yogurt
- 1 Tablespoon prepared mustard
- 1/8 teaspoon each salt and pepper
- 1/4 teaspoon dried dill weed

#### Directions:

- 1. Thaw frozen cauliflower and broccoli and drain liquid. If using fresh vegetables, cook first until barely tender.
- 2. Combine cauliflower, broccoli, celery, onion and bell pepper in serving bowl.
- 3. In a small bowl, mix mayonnaise, yogurt, mustard, salt, pepper and dill.
- 4. Stir dressing gently into salad. Chill before serving.
- 6. Refrigerate leftovers within 2 hours.

Makes: about 5 cups Prep time: 20 minutes



#### Ingredients:

- 1 medium-sized head cauliflower
- 1 teaspoon oil
- 2 teaspoons garlic powder
- ½ teaspoon onion powder
- ½ teaspoon **salt**
- ½ teaspoon pepper
- 1/4 cup grated **cheese** (try Parmesan or reduced-fat cheddar)

#### **Directions:**

- 1. Preheat oven to 400 degrees.
- 2. Cut cauliflower into florets about equal in size. Toss pieces with oil and place on baking pan in a single layer.
- 3. Mix spices together and sprinkle evenly over cauliflower. Sprinkle with cheese.
- 4. Roast for 30 minutes or until cauliflower is tender when pierced with a fork.
- 5. Refrigerate leftovers within 2 hours.

Makes: about 3½ cups Prep time: 5-10 minutes Cook time: 30 minutes

Go to
FoodHero.org
for easy, tasty
cauliflower
recipes



When kids help make healthy food, they are more likely to try it.
Show kids how to:

- wash veggies under cool running water.
- break off florets.
- sprinkle seasonings and cheese.
- measure and mix ingredients.

A medium-sized head of cauliflower is about 6 inches across, weighs about 2 pounds and makes 4 to 6 servings after trimming off the leaves and stem.