

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 



# *Make it a meal!*

# RECIPES

## Pasta with Roasted Cauliflower

### Ingredients:

- |                                                       |                                    |
|-------------------------------------------------------|------------------------------------|
| 1 head of cauliflower, cut into bite-size pieces      | 3 tablespoons oil                  |
| 1/2 teaspoon salt                                     | 1/2 lb. whole wheat pasta          |
| 4 cloves garlic, minced (or 1 teaspoon garlic powder) | 1/4 teaspoon red pepper flakes     |
| 1 (14.5-oz.) can diced tomatoes, with juices          | 1/4 cup parmesan cheese (optional) |

### Directions:

1. Preheat oven to 400°F. On a baking sheet, toss cauliflower with 2 tablespoons of oil and 1/2 teaspoon of salt. Roast for 20 minutes, turning cauliflower half way through, until tender and lightly browned. Remove and set aside.
2. Meanwhile, bring a large pot of water to a boil. Cook pasta according to directions. Reserve 1/2 cup of the pasta water. Drain and set aside.
3. Heat 1 tablespoon of oil in a pan over medium heat. Add garlic and red pepper flakes; cook, stirring, until fragrant, about 1 minute. Add the tomatoes and cook to thicken, about 5 minutes.
4. Add roasted cauliflower, cooked pasta, and 1/4 cup of reserved pasta water to the pan. Stir to heat through. Top with parmesan cheese if desired. Serve hot.

## Cauliflower Curry with Potatoes and Peas

### Ingredients:

- |                                                    |                                            |
|----------------------------------------------------|--------------------------------------------|
| 2 tablespoons oil                                  | 1 large onion, chopped                     |
| 2 teaspoons minced fresh ginger (optional)         | 1 tablespoon curry powder                  |
| 2 cloves garlic, minced (or 1/2 tsp garlic powder) | 4 medium potatoes, cut into 1-inch pieces  |
| 1 head of cauliflower, cut into florets            | 1 (14-ounce) can crushed or diced tomatoes |
| 1 cup frozen or canned peas                        | Salt & Pepper to taste                     |

### Directions:

1. Heat oil in a large pan over medium-high heat. Add onions; cook for 3 minutes or until softened.
2. Add curry powder, garlic and ginger to pan; cook while stirring constantly, 1-2 minutes. Add tomatoes with juices. Cook for 3-5 minutes.
3. Add cauliflower and potatoes. Stirring often, cook 5-7 minutes, until mixture begins to bubble.
4. Reduce heat to a simmer (medium-low) and cook, covered, for 5-7 more minutes, or until vegetables are fork tender (if you don't have a lid, add 1/4 cup of water). Stir in peas and cook for 1 more minute.
5. Serve with your favorite whole grain, such as brown rice or whole wheat pita.

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