

What to do with... Cauliflower



- Refrigerate in a perforated plastic bag up to five days
- Blanched cauliflower may be stored in the freezer for up to six months
- Cauliflower is a cruciferous vegetable
- There are many different colored varieties, from white to purple
- Has a nutty and bitter flavor. The flavor blends well with other dishes.
- The florets, stems, and leaves are all edible.

Steps to prepare cauliflower:

1. Choose cauliflower with compact, creamy white clusters and bright green, firmly attached leaves. Cut out pieces with brown spots or loose sections that are spread out.
2. Cut into desired shape and size.
3. Then:
 - Serve cold
 - Steam cauliflower by placing in a covered microwave-safe container with 1/4 cup water, low-sodium seasonings, and minced garlic. Cook on high for 8-10 minutes, until tender
 - Roast in the oven
 - Sauté

Use in:

- Add to relish tray or salads
- Use finely diced cauliflower as a substitute for rice
- Add to mashed potatoes
- Use in stirfries and pasta dishes

General nutrition information:

- Excellent source of vitamin C and a good source of vitamin K
- Good source of fiber
- Contains carotenoids and flavonoids that may be good for health





Recipes

Cauliflower

Nutrition information for 1 cup raw:

Vitamin A ~ 1% DV
 Vitamin C ~ 43% DV
 Magnesium ~ 2% DV
 Potassium ~ 3% DV
 Calcium ~ 2% DV
 Fiber ~ 7% DV

Cauliflower Mashed "Potatoes"

Ingredients:

- 1 head cauliflower, chopped
- 8 ounces light sour cream
- ¼ cup parsley, chopped
- 1 teaspoon onion powder
- ¼ cup breadcrumbs

Instructions:

- Boil, steam, or microwave cauliflower until soft. Drain well.
- Place cauliflower in a bowl and mash until smooth.
- Add sour cream, parsley, and onion powder to mashed cauliflower. Stir until well mixed.
- Place mashed cauliflower mixture into a baking dish. Sprinkle with breadcrumbs. Broil for 3-5 minutes or until breadcrumbs begin to brown.



Nutrition Facts

4 servings per container
Serving size 1 serving (221.47g)

Amount per serving		% Daily Value*	
Calories		140	
Total Fat	2.5g		3%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	220mg		10%
Total Carbohydrate	14g		5%
Dietary Fiber	3g		11%
Total Sugars	7g		
Includes g of Added Sugars			
Protein	7g		
Vitamin D	0mcg		0%
Calcium	136mg		10%
Iron	1mg		6%
Potassium	478mg		10%

NOTE: Can substitute cauliflower head for 1 bag riced cauliflower found in the frozen section of your local food store.

(Recipe from <https://eatsmartmovemoreva.org/recipes/cauliflower-mashed-potatoes/>)

Roasted Vegetables

Ingredients:

- 1 sweet potato, chopped
- 1 head cauliflower, chopped
- 1 onion, chopped
- 1 potato, chopped
- 2 carrots, chopped
- 1 turnip, chopped
- 1 tablespoon olive oil
- 3 tablespoons reduced fat grated Parmesan cheese
- 1 teaspoon garlic powder
- 1 teaspoon ground sage
- 1 teaspoon dried rosemary

Instructions:

- Heat oven to 350°F.
- Evenly spread all vegetables on a baking sheet or baking dish. Drizzle oil and seasonings over vegetables. Toss to combine. Bake 30-40 minutes or until all vegetables are tender.
- Sprinkle with Parmesan cheese before serving.



Nutrition Facts

6 servings per container
Serving size 1 serving (179.37g)

Amount per serving		% Daily Value*	
Calories		120	
Total Fat	3g		4%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	<5mg		0%
Sodium	90mg		4%
Total Carbohydrate	22g		8%
Dietary Fiber	4g		14%
Total Sugars	7g		
Includes g of Added Sugars			
Protein	3g		
Vitamin D	0mcg		0%
Calcium	89mg		6%
Iron	1mg		6%
Potassium	570mg		10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <https://eatsmartmovemoreva.org/recipes/roasted-root-vegetables/>)



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