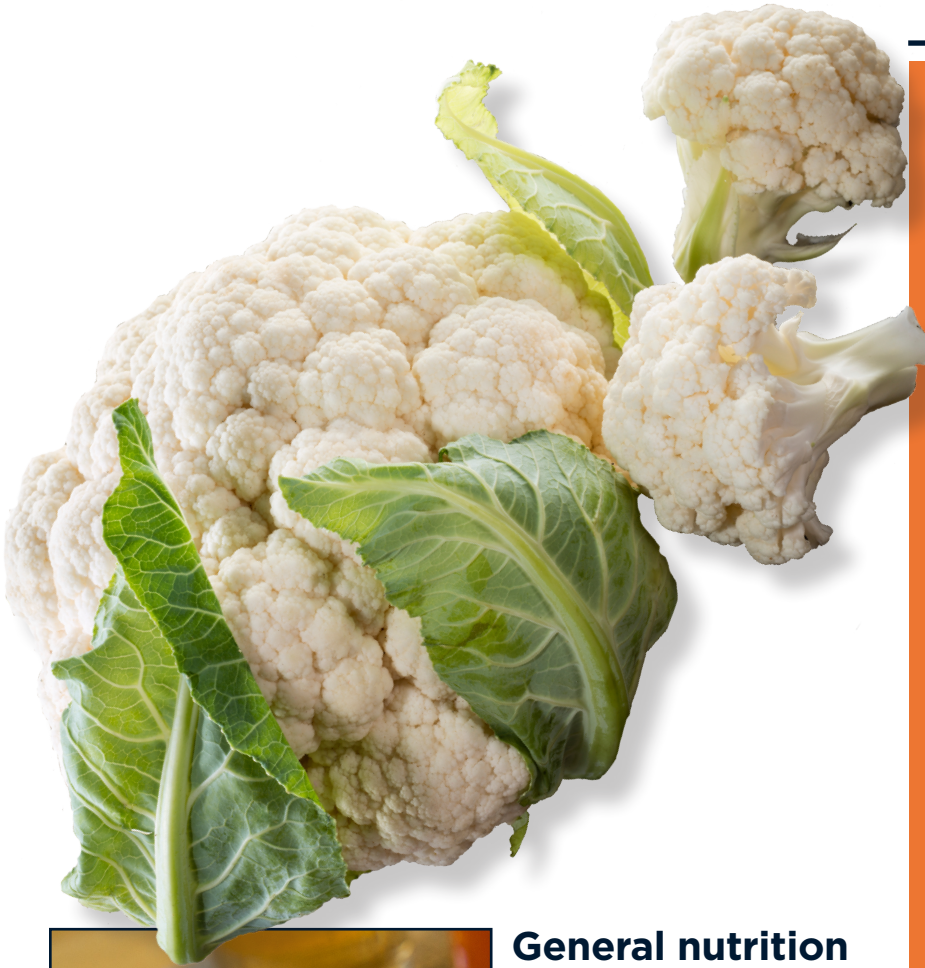


What to do with... Cauliflower



- 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	Calories 140
% Daily Value*	
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/>)

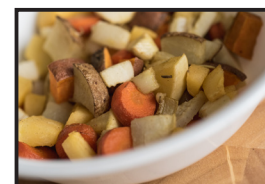
Roasted Vegetables

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	Calories 120
% Daily Value*	
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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This institution is an equal opportunity provider. This material is partially funded by USDA's Supplemental Nutrition Assistance Program - SNAP - and the Expanded Food and Nutrition Education Program (EFNEP).

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