

Cauliflower

Cauliflower is a vegetable that grows as clusters of flower buds, called florets, on a stem. The heads of cauliflower should be harvested before the flowers open. Cauliflower is a member of the cabbage family, and a close relative of broccoli. Most cauliflower is white, but there are variations that are purple or orange.



HOW DO I MAKE A GOOD SELECTION?

Select cauliflower that has a bright color without brown spots or any other discoloration.

WHAT IS THE PROPER STORAGE?

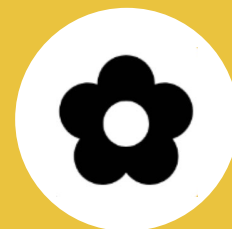
Store unwashed cauliflower in a plastic bag in the refrigerator for up to 5 days.

WHY SHOULD I EAT THIS?

Cauliflower has vitamin C, which helps heal cuts and wounds. It also has folate, which is important for women who are pregnant, as it plays an important role in preventing birth defects.

HOW COULD I USE THIS?

- Add raw or cooked cauliflower to a salad
- Eat raw cauliflower with dip
- Rice cauliflower with a food processor, steam and serve as a side dish
- Add cauliflower to soup or stew
- Add to an omelet
- Boil, steam, roast or microwave cauliflower for a side dish
- Add to a pasta dish or pasta salad
- Add cauliflower to a stir-fry
- Add to a casserole
- Purée cooked cauliflower and serve as a side



DID YOU KNOW?

Cauliflower is also called "cabbage flower".

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 							×	×	×	×		
MARKET 							×	×	×	×		

Sources: SNAP-Ed Connection and Buy Fresh Buy Local Nebraska



Photo Credit: Craig Chandler

RECIPE:

Broccoli and Cauliflower Salad

8 Servings

Ingredients:

- 3 c. broccoli, chopped
- 3 c. cauliflower, chopped
- 1/2 c. dried cranberries or raisins
- 1/2 c. red grapes, chopped
- 1/4 c. red onion, chopped
- 2 Tbsp. vinegar or lemon juice
- 3/4 c. plain nonfat Greek yogurt*
- 2 tsp. sugar
- 2 Tbsp. sunflower seeds
- 3 slices cooked bacon, crumbled (optional)

Directions:

1. Wash hands with soap and water.
2. Rinse and then chop produce. Gently rub broccoli, cauliflower, and grapes under cold, running water. Scrub the red onion with a clean vegetable brush under running water.
3. In a large bowl, combine broccoli, cauliflower, dried cranberries, grapes, and red onion.
4. In a separate small bowl, stir together vinegar, Greek yogurt, and sugar.
5. Pour yogurt mixture over broccoli mixture and stir gently.
6. Add sunflower seeds and crumbled bacon, if desired. Stir gently.
7. Store leftovers in a sealed container in the refrigerator.

*Low-fat mayonnaise could be substituted for nonfat Greek yogurt.

Nutrition Info:

Nutrition Facts

8 servings per container	
Serving size	about 1 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 70mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 293mg	6%

*The % Daily Value 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 Credit: Nebraska Extension Nutrition Education Program