



Cauliflower

The Health Benefits of Cauliflower

Cauliflower is a member of the cruciferous family. Other members include broccoli and cabbage. It can be found in different varieties. Darker colored heads also contain the antioxidant beta carotene. Compounds in cauliflower work together to reduce inflammation.

One cup of raw or 1/2 cup cooked cauliflower provides:

- 25 Calories, 2 gm protein, 3 grams fiber, 0 fat, no cholesterol

Nutrients in Cauliflower

- Very high in vitamins C, K, folate and other B vitamins; good source of minerals manganese and magnesium; high fiber
- High antioxidants protect against cancer, heart disease & diabetes
- One of the few foods that contains choline, important for brain development and healthy nervous system
- Try eating raw in salads or with hummus. Substitute cooked mashed cauliflower for mashed potatoes

For more information, visit our website:
www.advancedhealth.com/healthy-bytes-initiative

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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.

*Cauliflower is very high in vitamin C,
which helps the body fight infections.*



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.

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
- ¼ cup **sweet bell pepper**, any color
- ⅓ cup **lite mayonnaise**
- ⅓ cup **nonfat plain yogurt**
- 1 Tablespoon **prepared mustard**
- ⅛ teaspoon each **salt** and **pepper**
- ¼ 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

Roasted Cauliflower

Ingredients:

- 1 medium-sized head **cauliflower**
- 1 teaspoon **oil**
- 2 teaspoons **garlic powder**
- ½ teaspoon **onion powder**
- ½ teaspoon **salt**
- ½ teaspoon **pepper**
- ¼ 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



**Kids
Can!**

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.