

# CAULIFLOWER



Cauliflower is in season from July through September.

## Tips for selecting cauliflower

Select creamy white, compact florets (the smaller flower-like pieces) with firm, bright green leaves. Leaves that extend through the florets are okay. Do not choose cauliflower:

- with light-brown coloring,
- with small, dark spots on the florets, or
- with loose sections that are spread out.

## Storage

Cauliflower should be kept unwashed in a perforated plastic bag in the refrigerator. The whole head will keep for up to five days. Separated florets will keep for up to two days.

## Preparation

Raw cauliflower can be used in salads or as part of a vegetable platter with a vegetable dip. Cooked cauliflower can be used in soups.

### Steam

Steam the whole head of cauliflower for 12 to 15 minutes over water in a large saucepan. Florets can be steamed in 3 to 5 minutes.

## Key nutrients

- Folate to help prevent birth defects and reduce the risk of heart disease
- Vitamin C for healthy gums, skin, and blood

## Recipes

### Baked cauliflower

- 1 large cauliflower
- 1 onion, diced
- 2 tablespoons parsley, chopped
- 1 clove garlic, minced
- 16 ounces stewed tomatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup grated Parmesan cheese (optional)

Break the cauliflower into small florets. Combine everything in a casserole dish. Cover and bake at 350°F for about 40 minutes or until tender. Serves 8; 125 Cal; 1 g fat.

### Cauliflower in yogurt cumin sauce

- ¾ pound fresh peas, shelled and washed
  - 2 cups water
  - 4 cups small cauliflower florets
  - ¼ teaspoon salt
  - ¾ cup plain low-fat yogurt
  - 3 tablespoons fresh cilantro, chopped
  - 1 tablespoon lemon juice
  - ¼ teaspoon ground cumin
  - 1 dash of white pepper
- Bring water to a boil in a large saucepan; add peas and cauliflower. Cover and cook for 7 minutes or until crisp-tender. Drain well and place in a bowl. Add salt and toss well. Combine yogurt and the next 4 ingredients; stir well. Pour over cauliflower mixture and toss gently. Refrigerate any leftovers. Serves 6; 80 Cal; less than 1 g fat.



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