

Cauliflower

Key Points

- For the best buy, choose cauliflower that is firm and heavy with a white and creamy color.
- To prepare cauliflower, wash and trim florets from stalks.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Cauliflower contains vitamin C, which is good for fighting colds and healing cuts.



Quick Tips

- Eat raw cauliflower with a low-fat salad dressing for a healthy, crunchy snack!
- Add cauliflower to any veggie stir-fry recipe.
- Use cooked cauliflower in soups, stews, or pasta dishes.
- Remember to rinse all fruits and vegetables before using.

Cauliflower Stir-Fry

Ingredients:

2 tablespoons vegetable oil
1 sliced leek
4 cups chopped cauliflower
Salt and pepper to taste

Directions:

1. Heat oil in a medium frying pan over medium-high heat. Add leek and cook, stirring often, for 3 minutes.
2. Add cauliflower and stir for 1 minute.
3. Add 1 cup water, cook for 7 minutes, or until cauliflower is soft and the water is gone.
4. Add salt and pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Recipe adapted from Greenmarket Chef Recipes

Raw Cauliflower Salad

Ingredients:

1 head cauliflower, thinly sliced
3 diced red apples
1 cup sliced celery
3 sliced green onions
3/4 cup chopped fresh parsley
1 minced garlic clove
1/4 cup vinegar
2 tablespoons vegetable oil
Salt and pepper to taste

Directions:

1. In a large bowl, combine cauliflower, apples, celery, green onions, and parsley.
2. In a small bowl, mix garlic, vinegar, and oil.
3. Pour the dressing over the cauliflower and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Recipe adapted from ifood.tv

The Nutrition Facts Label — What does it tell us?

Recipe Name:
Cauliflower Stir-Fry

Recipe Name:
Raw Cauliflower Salad

Nutrition Facts			
Serving Size (91g)		Servings Per Container	
Amount Per Serving			
Calories 70	Calories from Fat 40		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 120mg			5%
Total Carbohydrate 6g			2%
Dietary Fiber 2g			8%
Sugars 2g			
Protein 2g			
Vitamin A 4%	• Vitamin C 60%		
Calcium 2%	• Iron 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts			
Serving Size (283g)		Servings Per Container	
Amount Per Serving			
Calories 130	Calories from Fat 45		
		% Daily Value*	
Total Fat 5g			8%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 21g			7%
Dietary Fiber 6g			24%
Sugars 13g			
Protein 3g			
Vitamin A 20%	• Vitamin C 140%		
Calcium 6%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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