

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 Sauté

Ingredients:

- 4 cups cauliflower florets
- 2 teaspoons vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 package (8 ounces) frozen sugar snap peas (or 1 cup fresh)
- 1 red pepper, cut into strips
- 1 cup sliced mushrooms
- 1/4 teaspoon salt (optional)

Directions:

1. In a small pot, cook cauliflower in 1 cup boiling water for 8 minutes. Drain and set aside.
2. In a large frying pan, add oil, onion and garlic. Cook over medium high heat for 3 minutes or until onion is tender. Stir often.
3. Add cooked cauliflower, snap peas, red pepper, mushrooms and salt.
4. Cook for 5 minutes on medium heat, stir often.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Cauliflower Mashed Potatoes

Ingredients:

- 2 potatoes, cut into chunks
- 3 cups cauliflower florets
- 1/2 cup shredded reduced-fat cheddar cheese
- 2/3 cup low fat milk*
- Salt and pepper, to taste
- 1/2 teaspoon garlic powder (optional)

Directions:

1. In a large pot, bring 4 cups of water to a boil.
2. Add potatoes and cook for 5 minutes.
3. Add cauliflower and cook for 5 more minutes. Drain.
4. In a large mixing bowl, add potatoes, cauliflower, and grated cheese. Mash with a fork until well blended.
5. Add milk, salt, pepper and garlic powder. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 4 servings.

This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Cauliflower Sauté

Nutrition Facts

Serving Size: 1/6 of recipe (114g)

Servings Per Recipe: 6

Amount/Serving

Calories 50 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **3%**

Saturated Fat 0g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **10%**

Sugars 4g

Protein 2g

Vitamin A 15% Vitamin C 100%

Calcium 4% Iron 4%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

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

The Nutrition Facts Label—What does it tell us?

Recipe name: Cauliflower Mashed Potatoes

Nutrition Facts

Serving Size: 1/4 of recipe (305g)

Servings Per Recipe: 4

Amount/Serving

Calories 160 **Calories from Fat** 15

% Daily Value*

Total Fat 1g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol less than 5mg **2%**

Sodium 150mg **6%**

Total Carbohydrate 29g **10%**

Dietary Fiber 6g **24%**

Sugars 6g

Protein 10g

Vitamin A 2% Vitamin C 150%

Calcium 15% Iron 8%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH