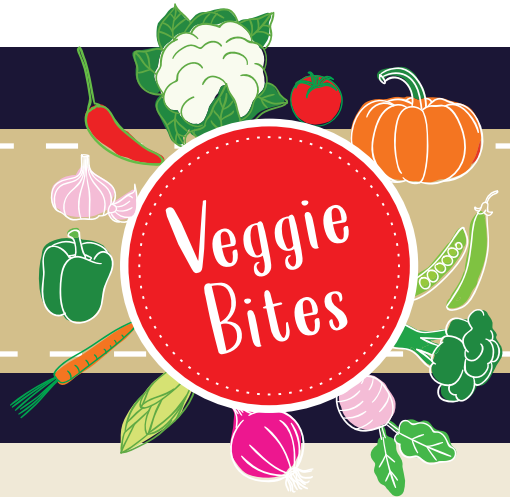


Cauliflower

Coliflor



Try It!



Selection

In the early stages, cauliflower looks like broccoli, which is its closest relative. While broccoli opens outward to sprout bunches of green florets, cauliflower forms a compact head of undeveloped white flower buds.

Cauliflower is available year round but is more plentiful in the fall.

Uses

Cauliflower can be eaten raw or cooked. Steam or microwave, instead of boiling, to better preserve its vitamin content.



PARMESAN ROASTED CAULIFLOWER

Ingredients

- 1/2 cups cauliflower florets (6 ounces)
- 2 tsp. grated, reduced-fat Parmesan cheese
- 1/4 tsp. garlic powder
- 1 tsp. chopped, fresh parsley
- 1/4 tsp. ground black pepper
- salt (to taste)
- 1 tsp. extra virgin olive oil

Instructions

1. Preheat the oven to 425°F.
2. In a medium bowl, combine the cauliflower, cheese, parsley, garlic powder, and pepper. Season with salt. Toss to mix. Drizzle on the oil and toss again. Transfer the mixture to a small nonstick baking dish.
3. Bake for 15 to 17 minutes, tossing once, or until lightly browned and crisp-tender. Serve immediately.

History & Fun Facts

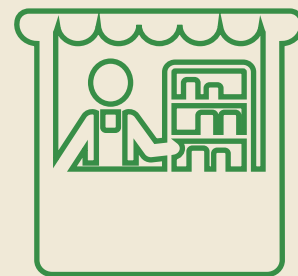
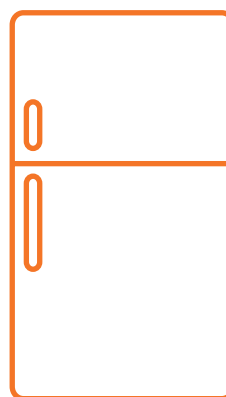
The cauliflower originated over 2,000 years ago in the Mediterranean and Asia Minor region. Almost all cauliflower grown in the United States comes from California.

There are two types of cauliflower:

- creamy white—more popular in the United States.
- Cauliflower-broccoli hybrid—recently developed, this type of cauliflower looks like broccoli.

Care and Storage

- Always wash your hands for 20 seconds with warm water and soap before and after preparing produce.
- Wash produce before you use it not when you bring it home. If you wash produce before storage it will spoil faster.
- Pre-cut or pre-washed produce in open bags should be washed before using.



BENEFITS OF BUYING LOCAL

By buying local you will receive the freshest vegetables possible. Many items are picked right before they leave in the morning for farmers markets.

When buying local you are supporting a small business here in your community.

NUTRITION FACTS

Fat free

Cholesterol free

High in Vitamin C

High in Folate

High in Fiber

Good source of complex carbohydrates



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Swipe & Shop



FOR MORE INFORMATION...

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Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; <https://recipes.heart.org/>

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