

# 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.**

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\* If using nonfat dried milk (NFDM), mix 2/3 cup water with 1/4 cup NFDM and add to recipe.