

A simple guide to

CAULIFLOWER



●●●●● Cauliflower can come in many colors -- white, purple, green, or orange!

●●●●● All varieties have a mild, sweet, & nutty flavor.

●●●●● Both fresh & frozen cauliflower can be prepared in a variety of ways & easily substituted for each other.



How to Prepare

Roast

Toss cauliflower with olive oil & seasoning. Roast 25-30 minutes at 425°F.

Rice

Grate cauliflower with a cheese grater or use a food processor to break into tiny pieces. Add to a stir fry or sauté with seasoning in a skillet 5-8 minutes for a tasty rice-like side dish.

Chop

Chop cauliflower florets & stalks into bite-size pieces. Add to your favorite casserole & bake for an extra serving of veggies.

How to Prepare

Store cauliflower in a loosely sealed plastic bag with paper towels to absorb extra moisture. Refrigerate in the crisper drawer up to 7 days.

● If buying pre-cut florets, use or freeze within 4 days. Freeze cauliflower up to 8 months.

How to Select

✓  Look for cauliflower that have a uniform color & densely packed florets. They should feel heavy for their size.

✗  Avoid dried out leaves & stalks or cauliflower with soft brown spots. They should appear fresh & firm.

Tip

Cauliflower stalks & stems are also edible! Chop them up & add to your favorite stir-fry or soup.

CHEESY CHICKEN CAULIFLOWER CASSEROLE

Ingredients:

- Non-stick cooking spray
- 1 1/2 cups plain non-fat Greek yogurt
- 1 1/2 cups shredded cheddar cheese, divided
- 1/2 cup crushed tortilla chips
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 (12.5 oz) can chunk chicken breast, drained & shredded
- 1 large head of cauliflower, chopped
- 1 large red bell pepper, diced

Preparation:

1. Preheat oven to 400°F. Lightly coat a medium baking dish with cooking spray.
2. In a large bowl combine yogurt, 1 cup cheddar cheese, tortilla chips, chili powder & garlic powder. Stir in chicken, cauliflower & pepper. Transfer to the baking dish & spread evenly. Top with remaining cheese. Bake 20-25 minutes, uncovered, or until heated through.

Tip:

Skip the chicken & turn this recipe into a tasty side dish.

30 Min | Serves 6

Nutrition Facts

6 servings per recipe	
Serving size	(279g)
Amount per serving	310
Calories	
	% Daily Value*
Total Fat 15g	19%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 440mg	19%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 1mg	6%
Potassium 575mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

