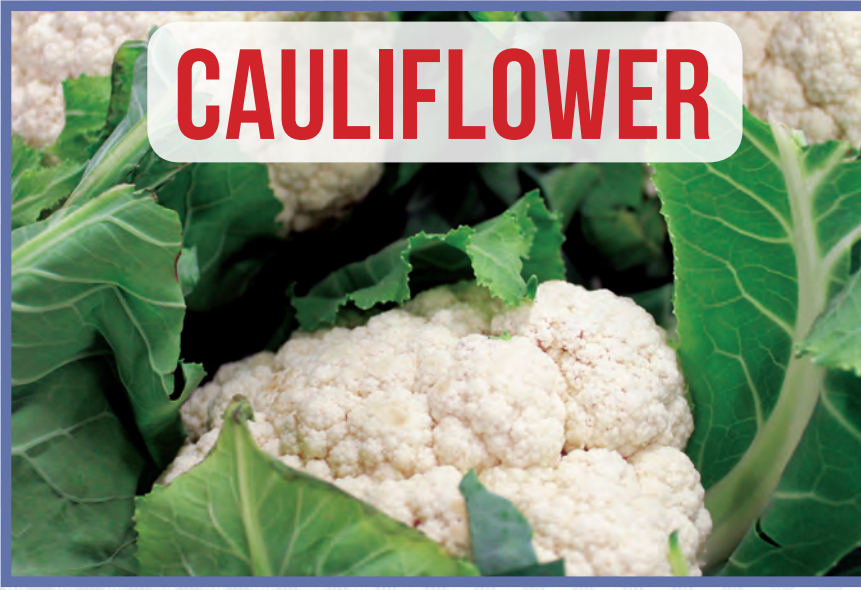


CAULIFLOWER



IN SEASON

May - June & November - December

HOW TO SELECT

Choose clean, compact florets that are not separated. Heads surrounded by thick green leaves are protected & fresh. Avoid spotted or dull-colored cauliflower.

HOW TO STORE

Refrigerate cauliflower in a plastic bag up to 1 week. Avoid washing until ready to eat.

HELPFUL TIP

Purple, orange, green & yellow cauliflower all have the same great taste as white cauliflower with extra vitamins & minerals.

CAULIFLOWER MASHED POTATOES

CAULIFLOWER



Nutrition Facts

Serving size: 1/4th recipe (252g)
Servings Per Recipe 4



Amount Per Serving

Calories 154 Calories from Fat 4

% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fats 0g	
Cholesterol 2mg	0%
Sodium 35mg	0%
Total Carbohydrate 33g	10%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 6g	
Vitamin A 0%	Vitamin C 70%
Calcium 8%	Iron 10%

50 MIN | SERVES 4

INGREDIENTS:

- 3 medium Russet potatoes
- 2 cups **CAULIFLOWER**
- 3 Tbsp plain non-fat Greek yogurt
- 1/4 cup 1% low-fat milk
- Pepper to taste

PREPARATION:

1. Fill a large pot with water & bring to a boil.
2. Meanwhile, wash potatoes thoroughly & cut into 1 inch pieces.
3. Once boiling, add potatoes to water & reduce heat to medium. Cook 20 minutes.
4. Add cauliflower to pot & cook an additional 8-10 minutes.
5. Once potatoes & cauliflower are fork-tender, remove from heat & drain. Return cauliflower & potatoes to pot.
6. Add yogurt & milk to pot & mash until ideal consistency is reached.

Try these healthy flavor alternatives in your mashed potatoes:

1. 3 Tbsp light sour cream
2. 3 Tbsp non-fat plain Greek yogurt & 1/4 cup buttermilk substitute (1 cup 1% low-fat milk & 1 Tbsp white vinegar) let stand 5-10 minutes or until milk consistency changes)