

Cauliflower




Selection - Choose compact heads that are creamy white, free from brown spots, with bright green leaves.

Storage - Store in the refrigerator with stalk down to not bruise heads (stays fresh for up to 5 days).

Nutrition - Vitamin C in cauliflower supports healing of cuts and wounds.

3 EASY WAYS TO USE CAULIFLOWER

- To roast cauliflower, toss in olive oil and add herbs and spices. Place on baking sheet and bake at 400 degrees for 25-30 minutes.
 - To make spicy cauliflower bites, mix hot sauce, 1 tablespoon of melted butter, 1 tablespoon of olive oil, lemon juice and garlic powder. Cut cauliflower into bite-size pieces and toss in sauce. Bake at 425 degrees for about 25-30 minutes.
 - To make mashed cauliflower, use cooked cauliflower (steamed or roasted) and then add low-fat milk and small amounts of butter and garlic. Blend or mash until smooth.
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Cauliflower Mac and Cheese

Makes 7 Servings

Ingredients

- ☐ 1 pound whole wheat pasta shells
- ☐ 8 cups water
- ☐ 2 cups cauliflower, chopped
- ☐ 1 1/2 cups milk, non-fat
- ☐ 1 teaspoon garlic powder
- ☐ 1/4 cup flour
- ☐ 1/4 cup vegetable oil
- ☐ 1 cup cheese, low-fat

Directions

1. Fill a pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
2. Drain pasta and fill the same pot with 2 cups of water; bring to a boil.
3. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
4. Place the cooked cauliflower, 1/2 cup milk and garlic powder in a blender, and blend until smooth.
5. In a separate pot, heat oil. Add the flour and whisk until the mixture is smooth. Add 1 cup of milk and cook until it bubbles and thickens. Add the cheese and cauliflower and mix.
6. Once the mixture is complete, remove from heat. Add the pasta back into the sauce and serve.

Recipe adapted from: Michigan State University Extension-Midland County.
With Veggies, More Matters! MyPlate Kitchen
myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese

