

## CAULIFLOWER

### Types

White, purple, and orange

### Selection Info

Look for cauliflower with bright green leaves. The curds (the head) should be brightly colored and compact. Avoid cauliflower with brown or spotty leaves.

### Preparation

When ready to use cauliflower, wash under cold running water. Pull or cut all the leaves from the florets. Use a sharp paring knife to carefully cut off each floret from the main stem. Discard the stem. Cut each floret into smaller spears if desired, or keep them intact. Cauliflower can be eaten raw, microwaved, sautéed, boiled or stir-fried.

**Raw:** You can eat small florets or spears raw with a dip. Chop florets into tiny pieces and add them raw to any salad for an added crunch.

**Microwave:** Place a bit of water in a microwave-safe bowl, add cauliflower, put a lid on the bowl, and microwave on high for about 3 minutes. Cauliflower should be fork tender but not soggy and falling apart.

**Sauté:** Heat a little olive oil, garlic, and salt in a pan, then add the cauliflower and sauté on medium heat. Add a bit of water to the pan at the end to help cook the florets.

**Boil:** In a saucepan, bring water to a boil, add florets, and cook for about one minute. Then, plunge the cauliflower into cold water to stop the cooking. These barely cooked florets are a great addition to any pasta salad, broccoli salad, or served with a cheese sauce.

**Stir-fry:** Add cauliflower with other vegetables over high heat. Add harder vegetables like cauliflower and carrots to the pan first. Once these have cooked for a while, add softer vegetables like peppers and zucchini. Season with soy sauce.

### Storage

**Short-Term Storage:** Store heads in refrigerator in a plastic bag with a damp paper towel. Alternatively, cut the cauliflower into florets (see above preparation) for easier meal prep later. Cauliflower stored correctly (damp and cool) will last a long time in the refrigerator. Discard if the florets begin to yellow or turn gray, or they become soft or slimy. You can trim the cut ends before use if they start to discolor.

**Long-Term Storage:** Cauliflower can be frozen or pickled.



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# ROASTED CAULIFLOWER

## Ingredients

- 1 head cauliflower
- 2 tablespoons olive oil
- 1/4 teaspoon pepper
- 1/2 cup Parmesan cheese  
(shredded)

## Directions

1. Heat oven to 450°F.
2. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain. (See video for technique)
3. In a large bowl, combine oil, salt, and pepper. Add cauliflower florets and toss to coat.
4. Spread cauliflower in a single layer on a large rimmed baking sheet.
5. Roast in the oven until the cauliflower starts to soften and begins to brown (15-20 minutes ).



Learn more about **CAULIFLOWER** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=cauliflower>.



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### Nutrition Information

Serving Size 1/8 of recip

| Nutrients      | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 70     |               |
| Protein        | 3g     |               |
| Carbohydrates  | 4g     | 1             |
| Dietary Fiber  | 1g     | 4             |
| Total Sugars   | 1g     |               |
| Total Fat      | 5g     | 8             |
| Saturated Fat  | 1g     | 5             |
| Cholesterol    | 4mg    | 1             |

### Minerals

|         |       |   |
|---------|-------|---|
| Calcium | 72    | 7 |
| Sodium  | 171mg | 7 |
| Iron    | 0mg   | 0 |

### Vitamins

|           |       |     |
|-----------|-------|-----|
| Vitamin A | 11mcg | RAE |
| Vitamin C | 35mg  | 58  |