

**CREATE** SNAP-ED  
BETTER HEALTH



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# Cauliflower

## Create Better Health guide to Eating Fresh Fruits and Vegetables

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**Utah Local Fresh Season:** Summer or Fall

**Availability:** Cauliflower is available year round in the grocery store. It is in season December through March and tastes the best during these times.

**Eating:** Cauliflower has a fresh, mild taste and unique texture. It can be purchased fresh, frozen, or pre-cut, and tastes great raw or cooked.

**Selecting:** Cauliflower is traditionally white in color, but purple, green, and orange varieties are available.

Select cauliflower that is a creamy white, has a compact, space-free head, firmly attached bright green leaves and is heavy for its size. Avoid heads that have brown spots or spaces between the florets.

**Cleaning and Preparing:** Do not wash until ready to use. To prepare a cauliflower head, turn the head upside down so that the leaves are facing upward. Take a sharp knife and cut the center out of the bottom of the cauliflower. Wash the cauliflower under running water and shake out excess water. Break the top of the cauliflower (also known as curds) into smaller chunks with your hands.

**Caution:** Never cut all the way through the curd of the cauliflower head when preparing. This will make the cauliflower turn slimy when cooked.

Instead, cut through the stem and then break when you get to the curd.

**Storing:** Cauliflower can be stored in a plastic bag for up to a week in the vegetable crisper drawer of the refrigerator. The sooner you eat it, the sweeter it will be.

**Cooking:** Cauliflower can be eaten in a variety of ways including raw, steamed, roasted and sautéed.

**Serve Raw:** Wash and break into bite sized pieces. Serve with low-fat ranch or other vegetable dip.

**Steam:** Place cauliflower in a steaming basket over boiling water. Cover and steam for 3 to 5 minutes or until barely fork tender.

**Roast:** Coat cauliflower with olive oil and sprinkle with salt and pepper. Place on a baking sheet and roast in a 450°F oven for about 10 minutes, flip over and roast for five5 more minutes or until crisp tender. Crisp tender means until they are just , but still retain some texture.

**Sauté:** Heat a small amount of olive oil in a pan, over medium-high heat. Add cauliflower and stir-fry until browned and crisp tender.

**Nutrition Highlights:** Cauliflower is very high in vitamin C and is a good source of foliate and fiber. Orange cauliflower has 25 times the vitamin A as white.

**Growing Cauliflower:** Cauliflower can be grown in Utah. For more information see “Cauliflower In the Garden” by Dan Drost and Michael Johnson at: [https://digitalcommons.usu.edu/extension\\_curall/273/](https://digitalcommons.usu.edu/extension_curall/273/)

**Preserving Cauliflower:** Cauliflower can be frozen. For more information go to the National Center for Home Food Preservation at <http://www.uga.edu/nchfp/how/freeze/cauliflower.html>

#### References:

1. <https://www.choosemyplate.gov/eathealthy/vegetables>
2. <https://fruitsandveggies.org/fruits-and-veggies/cauliflower/>
3. Cauliflower, by Tammy Vitale and Janet Anderson. Available at:
4. <http://vimeo.com/12443686>

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### Cauliflower Fantasia

2 cups cauliflower  
1 tablespoon butter  
Parmesan cheese, as needed  
Salt and pepper to taste

First, steam the cauliflower in a microwave or on the stove-top until tender. Drain off water. Add butter and mash with potato masher or place in food processor until smooth. Spoon mixture into an oven safe baking dish and sprinkle with parmesan cheese, salt and pepper. Broil in the oven until browned on top. Serve warm.

### Cauliflower Curry with Chick Peas

Serves: 6

1 small onion, chopped  
1 teaspoon oil  
1 teaspoon curry powder (to taste)  
1 14-oz can diced tomatoes, drained  
1 small head cauliflower, broken into small florets  
1/2 pound fresh green beans (or 2 cups frozen)  
1 potato, cubed  
1/4 cup red peppers, chopped  
1/4 cup carrots, Julianne  
1 15-oz can chickpeas, drained  
Cooked rice for six 6 servings

In a large skillet, heat oil, add onion and sauté. Add curry powder, tomatoes, cauliflower, green beans, and potato. Cover and simmer, stirring occasionally until tender but not overcook. If using frozen green beans, add toward the end as the other vegetables begin to soften. Add chickpeas and heat through. Serve over rice. Brown rice is a great healthy choice.