

COOKING WITH CAULIFLOWER

Cauliflower is a compact head of undeveloped white flower and is in the same family as broccoli and cabbage. It can be eaten raw or cooked and is a great source of Vitamin C.

How To Buy It

Look for a creamy white color, solid, with a clean slightly bumpy surface. Avoid wilted or discolored areas; a speckled surface indicates injury, mold or decay.

How To Store It

Do not rinse until ready to use. Trim off outer leaves and cut the stem close to the head. Store in a plastic bag in your vegetable crisper up to 7 days.

How To Cook It

Although it can be eaten raw, you can cook it in a variety of ways. Steaming or microwaving is quick and easy. To steam it, place stem-side down in 2 inches of boiling water for 2-3 minutes. Add 2 tablespoons of lemon juice or a teaspoon of vinegar to the water to avoid yellow coloration. Remove cover for 15 seconds to allow odors to escape. Cook to tenderness, salt and pepper to taste and serve. Or after cooking, mash the cauliflower and serve like mashed potatoes.

Savory Cauliflower

Ingredients

1 head of cauliflower	2 large tomatoes
1 tablespoon olive oil	1/2 teaspoon black pepper
1 medium onion	1 tablespoon dried parsley
1/4 teaspoon garlic powder	1/4 cup grated Parmesan cheese

Directions

Chop the cauliflower into 2 inch pieces. Peel and chop the onion. Chop the tomatoes. Put cauliflower in a pan with 1 inch of water. Cook, covered, over medium heat, and let it boil for 3 minutes. Remove cover and cook for 15 seconds. In a large pan, heat oil. Add onion and cook over a medium heat for 3-5 minutes. Test the cauliflower for doneness; if tender, drain. Add garlic and cauliflower to the pan with the onion. Cook while stirring for 3 minutes, until lightly browned. Add the tomatoes and pepper. Cook for 5 more minutes. Serve with a sprinkle of parsley and cheese.

Yields 4 servings

Nutrition facts per serving:

Calories 80; Fat 3.5g; Cholesterol 5 mg; Sodium 85mg;
Carbohydrates 9g; Sugar 4g; Fiber 3g; Protein 4g.