**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.

**Storage**
- **Short-Term Storage:** Store heads in a plastic bag with a damp paper towel. Alternatively, cut the cauliflower into florets (see above preparation) for easier meal prep later.
- **Long-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.

**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.

**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.

**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).

Nutrition Information
Serving Size 1/8 of recipe
Nutrients Amount % Daily Value
Total Calories 70
Total Carbohydrates 4g 1
Total Fat 5g 8
Total Sodium 171mg 7
Total Cholesterol 4mg 1
Calcium 72 7
Sodium 171mg 7
Iron 0mg 0
Vitamin A 11mcg RAE
Vitamin C 35mg 58

Purdue Extension

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