

SDSU

Extension



In season:



Summer

Cauliflower

Pick it!

Cauliflower is a compact head of undeveloped white flower buds and is in the same family as broccoli and cabbage.

Look for creamy white color, solid, clean slightly bumpy surface.

Avoid wilted or discolored areas and speckled surfaces.

Store un-rinsed in a plastic bag in a vegetable crisper up to 7 days.



Try it!

Eat raw or cooked.

Do not rinse until ready to use.

Trim off outer leaves and cut the stem close to the head.

Steam stem-side down, in 2-inches boiling water with 2 Tbls of lemon juice or 1 tsp of vinegar to the water for 2-3 minutes. Remove cover for 15 seconds to allow odors to escape. Cook to tenderness.



Types of Cauliflower

White & Orange: White and orange varieties of cauliflower are similar. Orange has about 25 times more Vitamin A than white.

Purple: Buds are purple, but turn green when cooked.

Broccoflower: Cross between broccoli and cauliflower. Sweeter than regular cauliflower, tastes similar to broccoli.



Did you know...

Vitamin C helps to form collagen, a protein to make skin, scar tissue, and blood vessels.

Vitamin C is needed for cartilage, bones, and heal wounds.

Like it!

Savory Cauliflower

Ingredients

- 1 head cauliflower
- 1 Tbls vegetable oil
- 1 medium onion
- ¼ tsp garlic powder
- 2 large tomatoes
- ½ tsp black pepper
- 1 Tbls dried parsley
- 1.4 cup grated Parmesan cheese

Directions

Chop the cauliflower into 2 inch pieces. Peel and chop the onion. Chop the tomatoes. Put the cauliflower in a pan. Add 1 inch of water. Cook, uncovered, over medium heat for 3-5 minutes. Test the cauliflower for doneness. If tender, drain the cauliflower. 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 chest.

Yield 6 servings.

Nutrition Facts per Serving:
Calories 80; Fat 3.5g; Cholesterol 5mg; Sodium 85mg;
Carbs 9g; Fiber 3g; Sugars 4g; Protein 4g

Sources: <http://urbanext.illinois.edu/>

Cauliflower Shells with Cheese

Ingredients

- 1 lb whole-wheat pasta shells
- 8 cups water
- 2 cups cauliflower, chopped
- 1 ½ cups non-fat milk
- 1 tsp garlic salt
- ¼ cup flour
- ¼ cup vegetable oil
- 1 cup low-fat cheese

Directions

Fill pot with 6 cups water. Boil. Add pasta. Cook for 8 minutes. Drain pasta. Fill pot with 2 cups water. Boil. Add cauliflower. Cook until florets are soft, about 4 minutes. Drain. Place cooked cauliflower, ½ cup milk, and garlic salt in a blender. Blend until smooth. In a separate pot, heat oil. Add flour and whisk until mixture is smooth. Add 1 cup milk and cook until it bubbles and thickens. Add cheese and cauliflower and mix. Remove from heat. Add pasta back into sauce and serve.

Yields 2 servings.

Nutrition Facts per Serving:
Calories 408; Fat 10g; Cholesterol 6mg; Sodium 233mg;
Carbs 66g; Fiber 6g; Sugars 5g; Protein 18g

Sources: <https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/conchas-de-coliflor-con-queso>

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