



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Cauliflower



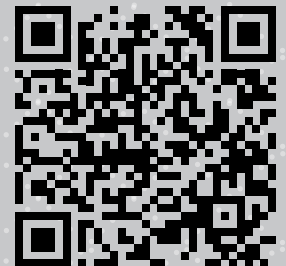
## **Pick it!**

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

## **Try it!**

Rinse just before use. Trim off outer leaves and cut the stem close to the head.

## **Like it!**



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SOUTH DAKOTA STATE  
UNIVERSITY 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 and 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 Tablespoons of lemon juice or 1 teaspoon of vinegar for 2-3 minutes. Remove cover for 15 seconds to allow odors to escape. Cook to tenderness.

## Types of Cauliflower

**White and 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...

Cauliflower is a good source of vitamin C. 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, chopped
- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- ¼ teaspoon garlic powder
- 2 large tomatoes, chopped
- ½ teaspoon black pepper
- 1 Tablespoon dried parsley
- ¼ cup grated parmesan cheese

### Directions

1. Wash and chop cauliflower into 2 inch pieces. Peel and chop the onion. Wash and chop the tomatoes.
2. Put the cauliflower in a pan with 1 inch water. Cook, covered, over medium heat, and let it boil for 3 minutes. Remove cover for 15 seconds to allow odors to escape. If cauliflower is tender, drain.
3. In a large pan, heat oil. Add onion and cook over medium heat for 3-5 minutes.
4. Add garlic powder and cauliflower to the pan with onion. Cook for 3 minutes, stirring, until lightly browned.
5. Add the tomatoes and pepper. Cook for 5 more minutes.
6. Serve with a sprinkle of parsley and cheese.

Yields 6 servings

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

Sources: [urbanext.illinois.edu/](http://urbanext.illinois.edu/)

## Cauliflower Shells with Cheese

### Ingredients

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

### Directions

1. Fill a pot with 6 cups of water and bring to a boil. Add pasta and cook for 8 minutes. Drain pasta.
2. Fill pot with 2 cups of water and bring to a boil. Add cauliflower and cook until soft, about 4 minutes. Drain florets.
3. Place cooked cauliflower, ½ cup milk and garlic salt in a blender and blend until smooth.
4. In another pot, heat the oil. Add flour and whisk until mixture is smooth. Add 1 cup milk and cook until it bubbles and thickens.
5. Add cheese and cauliflower and mix. Remove from heat.
6. Add pasta into sauce and serve.

Yields 2 servings

Nutrition Facts per Serving:  
Total Calories 359; Total Fat 10g, Saturated Fat 2g;  
Cholesterol 6mg; Sodium 233mg; Carbohydrates 55g,  
Dietary Fiber 6g, Total Sugars 5g, Added Sugars included  
0g; Protein 17g

Sources: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese](https://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese)

**Find more recipes  
and videos at  
[extension.sdstate.edu](http://extension.sdstate.edu)**



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Cauliflower

- Look for creamy white color, solid, clean and 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.
- Eat raw or cooked. Steaming or microwaving lowers vitamin loss.
- Rinse just before use. Trim off outer leaves and cut the stem close to the head.
- Steam stem-side down, 2 inches boiling water with 2 Tablespoons lemon juice or 1 teaspoon vinegar for 2-3 minutes. Remove cover and cook to tenderness.

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and videos at  
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## Savory Cauliflower

### Ingredients

- 1 head cauliflower, chopped
- 1 Tablespoon vegetable oil
- 1 medium onion, chopped
- ¼ teaspoon garlic powder
- 2 large tomatoes, chopped
- ½ teaspoon black pepper
- 1 Tablespoon dried parsley
- ¼ cup grated parmesan cheese

### Directions

1. Wash and chop cauliflower into 2 inch pieces. Peel and chop the onion. Wash and chop the tomatoes.
2. Put the cauliflower in a pan with 1 inch of water. Cook, covered, over medium heat, and let boil for 3 minutes. Remove cover for 15 seconds to allow odors to escape. If cauliflower is tender, drain.
3. In a large pan, heat oil. Add onion and cook over medium heat for 3-5 minutes.
4. Add garlic powder and cauliflower to the pan with onion. Cook for 3 minutes, stirring, until lightly browned.
5. Add the tomatoes and pepper. Cook for 5 more minutes.
6. Serve with a sprinkle of parsley and cheese.

Yields 6 servings

Nutrition Facts per Serving:

Calories 80; Fat 3.5g; Cholesterol 5mg; Sodium 85mg; Carbs 9g; Fiber 3g; Sugars 4g; Protein 4g

Sources: [urbanext.illinois.edu/](http://urbanext.illinois.edu/)

## Cauliflower Shells with Cheese

### Ingredients

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

### Directions

1. Fill a pot with 6 cups of water and bring to a boil. Add pasta and cook for 8 minutes. Drain pasta.
2. Fill pot with 2 cups of water and bring to a boil. Add cauliflower and cook until soft, about 4 minutes. Drain florets.
3. Place cooked cauliflower, ½ cup milk and garlic salt in a blender and blend until smooth.
4. In another pot, heat the oil. Add flour and whisk until mixture is smooth. Add 1 cup milk and cook until it bubbles and thickens.
5. Add cheese and cauliflower and mix. Remove from heat.
6. Add pasta into sauce and serve.

Yields 7 servings

Nutrition Facts per Serving:

Total Calories 359; Total Fat 10g, Saturated Fat 2g; Cholesterol 6mg; Sodium 233mg; Carbohydrates 55g, Dietary Fiber 6g, Total Sugars 5g, Added Sugars included 0g; Protein 17g

Sources: [myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese](http://myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese)



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

**In season:**



**Summer**

# Cauliflower

## Sampling Display Instructions

### Savory Cauliflower Ingredients

Ingredients	32 samples	48 samples
Servings: 2 Tablespoons servings		
1 small head cauliflower, chopped	about 3 cups	about 3 cups
vegetable oil	2 teaspoons	1 Tablespoon
onion, chopped	1 small	1 medium
tomatoes, chopped	2 medium	2 large
black pepper	¼ teaspoon	½ teaspoon
dried parsley	2 teaspoons	1 Tablespoon
grated Parmesan cheese	3 Tablespoons	¼ cup

### Directions:

1. Chop the cauliflower into 1 inch pieces. Peel and chop the onion. Chop the tomatoes.
2. Put the cauliflower in a pan. Add 1 inch of water.
3. Cook, covered, over medium heat, and let it boil for 3 minutes. Remove cover and cook for 15 seconds.
4. In a large pan, heat oil. Add onion. Cook onion over medium heat for 3-5 minutes.
5. Test the cauliflower for doneness. Drain the cauliflower. Add garlic and cauliflower to the pan with the onion.
6. Cook while stirring for 3 minutes, until lightly browned.
7. Add the tomatoes and pepper. Cook for 5 more minutes.
8. Transfer to a warmed slow cooker. Keep warm while serving. Serve with a sprinkle of parsley and cheese.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates or cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) – [youtube.com/watch?v=ifrkJbb-GEi8](https://youtube.com/watch?v=ifrkJbb-GEi8)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples out at a time on small plates or cups. Ask parent's permission before children may sample.
- Prepare Savory Cauliflower. Slightly undercook so that it keeps its structure. Place in slow cooker and transport to the store. Keep heated. Serve with a sprinkle of parsley and cheese.
- Ask them if they use cauliflower often in their meals. Ask them if they could use this recipe.
- Point out that this recipe goes well as a side dish to meat, poultry or fish.

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**Summer**

# Cauliflower

## Sampling Display Instructions Cauliflower Shells with Cheese Ingredients

Ingredients	24 samples	32 samples	48 samples
Samples: 2 Tablespoons			
Whole wheat pasta shells	6 ounces	9 ounces	13 ounces
Water	3 1/3 cup, 2 1/2 teaspoons	4 cups	6 3/4 cups, 1 1/2 Tablespoon
Cauliflower, chopped	1 cup	1 cup, 2 Tablespoons	1 2/3 cups
Non-fat milk	2/3 cup, divided	3/4 cup, 2 Tablespoons, divided	1 1/4 cups, 1 3/4 teaspoons, divided
Garlic salt	1/2 teaspoon	1/2 teaspoon	3/4 teaspoon
Flour	1/3 cup	1/2 cup, 1 Tablespoon	3/4 cup, 1 Tablespoon
Vegetable oil	1 Tablespoon, 2 1/4 teaspoons	2 Tablespoons, 3/4 teaspoon	1/4 cup
Low-fat cheese	1/4 cup, 3 Tablespoons	1/2 cup, 1 Tablespoon	3/4 cup, 2 Tablespoons

### Directions:

1. Fill 1 pot with 6 cups water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes. Drain pasta and set aside.
2. Fill the same pot with 2 cups water and bring to a boil. Place chopped cauliflower in the boiling water and cook until the florets are soft, about 4 minutes. Drain cauliflower.
3. Place cooked cauliflower, milk (1/3 of total milk being used) and garlic salt in a blender and blend until smooth.
4. In a separate pot, heat the oil and add the flour. Whisk until the mixture is smooth.
5. Add remaining milk and cook the mixture until it bubbles and thickens.
6. Add the cheese and cauliflower and mix. Once the mixture is incorporated, remove from heat.
7. Add the pasta into the sauce and serve.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small cups, plastic forks or spoons
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) – [youtube.com/playlist?list=PLlIdDb7lZYqIWYg\\_nH3tCtQgNv0DcsstO](https://youtube.com/playlist?list=PLlIdDb7lZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food.
- Place only a few samples at a time in small cups with utensil. Ask parent's permission before children may sample.
- Ensure the Allergy Alert sign is visible on the table.
- Prepare Cauliflower Shells with Cheese. Slightly undercook so that it keeps its structure. Place in slow cooker and transport to the store. Keep heated.
- Ask them if they use cauliflower often in their meals. Ask them if they could use this recipe.
- Point out that this recipe goes well as a side dish to meat, poultry or fish.

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