



# Cauliflower

Vegetable - Cruciferous

## Food Facts

**Serving Size** = 1 cup

- **Varieties** - Cauliflower is related to broccoli, brussels sprouts, and cabbage.
- **Storage** - Wrap it in a perforated plastic bag and store it in a crisper drawer of the refrigerator.
- **Nutrition** - Cauliflower is an excellent source of vitamins and minerals like vitamin C, folate, and vitamin K.



## How to Use

- **Cook it! Roast it! Steam it! Sautee it!** There are many ways to prepare cauliflower.
- **Rice it** - Finely chop cauliflower or use grater for a rice alternative.
- **Bulk up a Dish** - Add to salads and slaws for an extra crunch.



# Roasted Cauliflower

Serves: 3

## Ingredients

- **1 pound cauliflower**, chopped
- **1 teaspoon fresh herbs**, chopped
- **1/4 cup olive oil**
- **1/2 teaspoon salt**

## Instructions

1. Preheat oven or toaster oven to 400°F.
2. Cut cauliflower into 1- to 2-inch chunks.
3. Place cauliflower in a large bowl with oil and stir until coated with oil.
4. Sprinkle salt and herbs over the cauliflower.
5. Transfer to a baking dish in a single layer to ensure they roast instead of steam.
6. Bake about 40 minutes, stirring every 10 minutes to distribute herbs and oil. The cauliflower will be done when tender and golden.



### Nutrition Facts

Serving Size 1.00 cup

Serving Per Container 3

Amount Per Serving

Calories 200

% Daily Value\*

**Total Fat** 18 g 23%

Saturated Fat 2.5 g 13%

**Sodium** 440 mg 19%

**Total Carbohydrate** 9 g 3%

Dietary Fiber 3 g 11%

**Protein** 2 g

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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