

CAULIFLOWER

Like broccoli, brussel sprouts and cabbage, cauliflower is in the “brassica” family of vegetables. The most common color is white, although there are orange, green, and purple varieties.

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BEST COOKING METHODS

- RAW
- ROASTED
- STEAMED

RECIPE IDEAS

- OVEN ROASTED CAULIFLOWER
- MASHED
- STIR-FRY

STORAGE

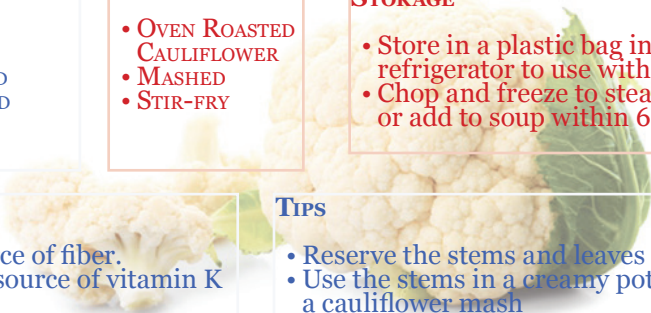
- Store in a plastic bag in the refrigerator to use within a week
- Chop and freeze to steam, stir fry, or add to soup within 6 months

NUTRITION

- Good source of fiber.
- Excellent source of vitamin K and C.

TIPS

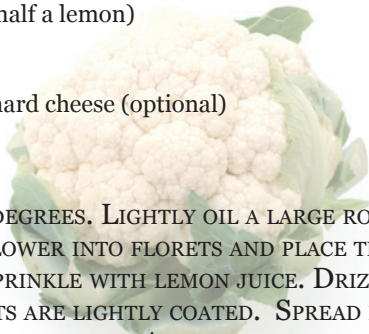
- Reserve the stems and leaves for stock
- Use the stems in a creamy potato soup, or a cauliflower mash



OVEN ROASTED CAULIFLOWER

- **1** head of cauliflower
- **2-3** cloves of garlic, minced
- **1 tbs** lemon juice (or half a lemon)
- **O**live oil
- **S**alt and pepper
- **P**armesan, or another hard cheese (optional)

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PREHEAT OVEN TO **400** DEGREES. **L**IGHTLY OIL A LARGE ROASTING PAN OR BAKING SHEET. **C**UT THE CAULIFLOWER INTO FLORETS AND PLACE THEM IN A BOWL. **T**OSS WITH MINCED GARLIC. **S**PRINKLE WITH LEMON JUICE. **D**RIZZLE WITH OLIVE OIL AND **T**OSS SO THAT THE FLORETS ARE LIGHTLY COATED. **S**PREAD FLORETS OUT INTO A SINGLE LAYER ON THE ROASTING PAN. **A**DD SALT AND PEPPER TO TASTE. **W**HEN THE OVEN IS PREHEATED, **P**UT THE CAULIFLOWER ON THE MIDDLE RACK, AND **C**OOK FOR **25-30** MINUTES, OR UNTIL THE TOPS ARE GOLDEN BROWN. **U**SE A FORK TO TEST FOR DONENESS, THE PIECES SHOULD BE EASY TO PEIRCE WHEN DONE. **R**EMOVE AND SERVE. **I**F DESIRED, ADD PARMESAN FOR ADDED FLAVOR.