Cauliflower

Cauliflower is in the Brassica family of vegetables, related to broccoli, cabbage, kale, and Brussels sprouts. Like broccoli, the head of the cauliflower is made up of undeveloped flower buds. The most common color is white, but there are also orange, green, and purple varieties. A good source of Vitamins C and K, and fiber, cauliflower is versatile and easy to use.

Cooking
Cauliflower is mild and starchy and works well for almost any cooking method. Eat raw, sauté, steam, boil, or roast. Stems and leaves are also edible, and great for stir-fry, soups, or stews. Steam florets and stems together for mashed cauliflower. Use leaves as a substitute for cabbage. Shred stems for use in coleslaw or salads.

Storage
Store cauliflower in a plastic bag in the refrigerator for up to 2 weeks. Small black or brown spots can be trimmed off before using. To freeze, precut and seal in an airtight bag or container and keep frozen up to 6 months.
One Pot Cauliflower Curry

Serves: 4  Time: 45 minutes

Ingredients:
• 3 tbsp vegetable oil
• 1 head cauliflower (about 2lbs), chopped to bite-size
• 1 onion (any type), coarsely chopped
• 1 bell pepper (any color), coarsely chopped
• 3 garlic cloves, finely chopped
• 2 ½ tsp curry powder
• 1 ½ tsp ground cumin
• 3 cups broth, stock, or water
• 1 (15 oz) can chickpeas, drained
• 1 ¼ cup pearl couscous (Israeli Couscous)
• 3 tbsp lemon juice (or cider vinegar)
• ½ cup Greek-style plain yogurt
• 3 tbsp coarsely chopped cilantro, plus extra for topping (optional)
• 5 oz spinach, chopped (fresh or frozen; defrost and drain well if frozen)
• ¼ cup sliced almonds or sunflower seeds (optional)

Directions:
1. In a large pot, heat oil over medium. Add cauliflower and cook, stirring occasionally, until just beginning to brown, 5-6 minutes.
2. Add onion, pepper, and garlic and cook 5 minutes more, stirring. Add curry powder, cumin, and salt and pepper to taste. Stir well.
3. Add broth and bring to a boil. Add chickpeas and couscous, reduce heat and simmer, stirring occasionally to keep couscous from sticking, until liquid is reduced to a thick sauce and couscous is tender, about 10 minutes.
4. Combine lemon juice, yogurt, chopped cilantro, and a pinch of salt and pepper in a medium bowl. Whisk or stir until smooth.
5. Fold spinach in to chickpea mixture and remove from heat. Let stand 5 minutes to cool.
6. To serve, top portions with yogurt sauce and sprinkle with cilantro and almonds.