



## Crazy about Cauliflower!

Cauliflower can be made in a number of different ways, and is very healthy for you!



### Why Cauliflower is good for you:

- Has many nutrients:
  - Vitamin C, Vitamin K, Potassium, Vitamin B6, Potassium
- High in fiber (helps you feel full, good for digestion)
- Good source of antioxidants
- Can be cooked in a variety of different ways

### How to Buy:

- Choose cauliflower that has a creamy white color and no browning
- The leaves should be fresh and bright
- Do NOT choose a cauliflower that has a strong smell

### How to Store:

- If wrapped in cellophane, unwrap the cauliflower from the cellophane and transfer to a loosely sealed plastic bag
- Storage time:
  - 4-7 days for whole head
  - <4 days for precut florets

### Ways to Cook It:

- **Roasted cauliflower** – once you remove the stem, the cauliflower will break into smaller pieces or “floreets.” You can combine with olive oil and your favorite seasonings and roast in the oven for 25-35 minutes at 450°F.
- **Cauliflower rice** - can replace or supplement rice in dishes; use a grater or food processor to grate cauliflower to the size of rice
- **Cauliflower buffalo “wings”** – a great veggie appetizer with maximum flavor
- **Cauliflower crust pizza** – whether homemade or store-bought, this is a low-carb alternative to regular pizza
- **Cauliflower steak** – can look like steaks if sliced through the center. A “meaty” way to enjoy cauliflower!
- **Creamy cauliflower soup** – Combine one chopped cauliflower, broth, olive oil, garlic, onion; simmer for 15 minutes; then blend for a creamy, delicious, and healthy soup.
- **Whole roasted cauliflower** – minimal prep, but this method usually takes longer to roast than chopped cauliflower
- **Mashed cauliflower** – a healthy, delicious alternative for mashed potatoes

### Recipe of the Month

## Cauliflower Fried “Rice”

Servings: 4

Total time: 15 minutes



### Ingredients:

- 1 medium cauliflower
- 2 Tbsp sesame oil
- 1 large carrot, cubed
- 1 cup broccoli florets
- 2 garlic cloves, minced
- 1 cup edamame
- 2 eggs, beaten
- 3 Tbsp soy sauce (low sodium if possible)
- 6 green onions, sliced

### Preparation:

1. Shred the cauliflower using a grater or in a food processor until it resembles rice.
2. In a large skillet, heat 1 Tbsp sesame oil. Add carrots, broccoli, and garlic and cook for 5 minutes.
3. Add 1 Tbsp sesame oil and “riced” cauliflower. Cook until cauliflower is soft.
4. Move the veggies to the sides of the skillet. In the middle, add the eggs. Scramble the eggs until fully cooked. Mix everything together with the soy sauce and green onions.
5. Serve immediately.

**Tip:** Add any combination of your favorite vegetables! Try sliced mushrooms, snow peas, greens, or chopped zucchini.

**Nutrition Facts (1/4 recipe)**  
**Energy:** 187 Cal **Fat:** 11g **Carb:** 16g  
**Fiber:** 6g **Protein:** 11g

### Our Dietitians



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