

Cook with Cauliflower



¡Cocine con coliflor!



Versatile

Healthy

How do you cook with cauliflower?



- Cauliflower can be ivory white, purple, yellow, orange, or green. Varieties include Chinese cauliflower and Romanesco cauliflower.
- Choose cauliflower that is firm and has no mold or brown spots.
- Store cauliflower in the refrigerator for up to one week.
- Cauliflower can be washed, cut into florets, blanched, and stored in the freezer for up to 6 months.
- Cauliflower can be eaten raw. Add thin slices or florets to your fresh vegetable platter.

Roast Bake Steam or Sauté Cauliflower!

Cauliflower is easy to steam, sauté, or add to soups. To sauté cut into small pieces. **Sauté** with vegetables! **Puree** with spices into a delicious soup.



Photo roasted cauliflower: <https://www.wholesomeyum.com/roasted-cauliflower/>

Bake cauliflower florets in the oven with olive oil, salt, pepper, garlic powder at 400°F for 25 minutes.

Be creative! Steam cauliflower and add fresh vegetables to make a salad!

What about cauliflower rice? This delicious low carb alternative to rice is easy to make. Remove the leaves and trim the head into florets. Cut away as much stem as possible. Transfer the florets to a food processor and use short pulses until cauliflower is finely chopped. If you don't have a food processor use a box grater and grate into a large bowl. Wring out excess water with a clean towel. Enjoy the raw cauliflower rice in a salad or salsa. Or stir fry the cauliflower with



Cauliflower and Tomato Salad

Chop cauliflower head into small florets!

Boil water in a saucepan. When water boils, add the cauliflower and boil for 5 minutes.

Drain and set aside in a large bowl.

Finely chop the onion, tomatoes and cilantro.

Add these vegetables to the large bowl.

Add olive oil, lime juice, and salt and mix well.

Serve immediately or store in fridge up to 2 days.

Vegetables

1 large cauliflower, chopped, cooked

½ red onion or ½ scallion bunch

2 medium tomatoes, chopped

½ cilantro bunch, finely chopped

Seasonings

2 tablespoons olive oil

2 tablespoons lime

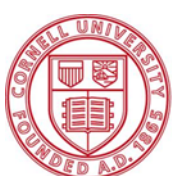
juice or juice from 1 lemon

½ teaspoon salt

½ teaspoon black pepper

Make a good meal even more nutritious with cauliflower!

- One cup of raw or cooked cauliflower has 100% of the daily recommended amount of vitamin C.
- Cauliflower also has vitamin K, calcium, iron, potassium, magnesium, fiber, and lots of water to keep you hydrated.



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Check out our Farmers' Market Nutrition Program website for recipes and resources. Scan this QR code with your smartphone or visit this address:
<https://nyc.cce.cornell.edu/farmers-market-nutrition-education-program-fmnp/>



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