

Vegetable of the Week - Cauliflower



When is cauliflower in season?

September through October

What to look for in fresh cauliflower:

Clean, white, firm heads without spots or bruises. Avoid heads with open flower clusters.

How do I store cauliflower?

Store it in a plastic bag in the refrigerator.
Use within one week.

How do I prepare cauliflower?

Wash well. Core and remove outer leaves; leave whole or cut in florets. Cauliflower can be eaten raw or cooked. Boil, steam, or microwave. Boil for 15-25 minutes. Steam for 25-30 minutes. Microwave for 6-8 minutes. Microwaving or steaming preserves nutrient value.
1 head (2 pounds) raw = 3 cups cooked.

Did you know that eating 5 servings of fruits and vegetables each day is one of the more important choices you can make to maintain your health?



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STEPS TO A HEALTHIER YOU

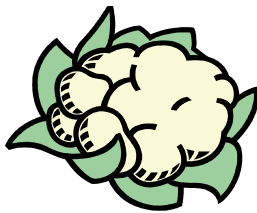
Introducing Vegetables to Your Family

If the vegetable is new to your family:

1. Offer but don't force them to try.
2. Be a model. Eat the new vegetable yourself.
3. Serve the vegetable with favorite foods.
4. Let children help prepare the vegetables.

Recipe

Cauliflower Casserole



- 1 pound mushrooms, sliced
- 1 large onion, chopped
- 1 large head cauliflower, sliced
- 3 cloves garlic
- 1 tablespoon Canola or vegetable oil
- 3 cups cooked rice
- 2 cups of cheese, shredded

1. Cook mushrooms, onion, cauliflower, and garlic in oil in skillet over medium heat for five minutes.
2. Combine all ingredients in a large casserole dish.
3. Bake, covered 30 minutes at 350°. Serves 5-6

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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The Food Stamp Program helps end hunger and provides healthy foods for low-income families. To find out more about food stamp benefits contact your local office of Family Resources.