

Cauliflower



SEASONALITY



NUTRITIONAL PROPERTIES

Cauliflower is a wonderful source of fiber. It's naturally low in sodium and high in potassium. It has a significant amount of vitamin C. Cauliflower also is a good source for iron, vitamin B6, magnesium, and has some protein.

STORAGE

Keep in a plastic bag within the refrigerator. Cauliflower can last 7-10 days.

PRESERVATION

Blanch the cauliflower and dry with a towel or paper towel. Once dry, freeze in a plastic bag. Frozen cauliflower florets can last 3-4 months.

HOW TO PREPARE

1. Preheat the oven to 425 ° F.
2. Chop cauliflower into sections.
3. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes.

Cauliflower can be sautéed, steamed, roasted, or pan fried. They can be eaten as a side, or chopped into pieces for salads. Add to stir fries, salads, soups, and more.

RECIPES FROM HDFFA

with cauliflower

- Add cauliflower to Three Sisters Fritters
- Add cauliflower to Summer Spaghetti & Cripsy Broccoli
- Vegetable Stir Fry

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
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