

# CAULIFLOWER

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

## CHARACTERISTICS

- Cauliflower can come in white, purple or orange varieties.
- Choose cauliflower that has a compact head and is without blemishes or soft spots. Leaves should be bright green.
- 1 cup of raw cauliflower contains:
  - 77% of your recommended daily value of vitamin C to help heal wounds and keep teeth and gums healthy.
  - 20% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.



## PREPARE

Rinse under water and remove leaves. Place cauliflower head down and cut around stem to remove core. Cauliflower can be broken into florets or cut into slices (cauliflower steaks).

Try cauliflower:

- *Raw* with your favorite dip or on a salad
- *Steamed*
- *Roasted* with other vegetables
- *Cut into cauliflower steaks and grilled or pan fried*

## STORE

- Store unwashed in the fridge for up to 1 week.
- To freeze: Break cauliflower into small florets and cook in boiling water for 3 minutes. Cool in ice water and drain. Freeze in an airtight container for up to 1 year.