



- Cauliflower has a variety of vitamins, minerals, and antioxidants
- They are found commonly in the white variety, but can also be green, purple, or orange

### Health Benefits

- Vitamin C boosts immunity and fights infection
- B vitamins help the body to function properly
- Vitamin K helps prevent inflammation

### Storage

- Will keep fresh in the refrigerator up to 1 week

### Selection

- Pick firm, crisp florets with creamy white color

### Serving Ideas

- Steam cauliflower on the stove or microwave
- Eat raw with or without dip
- Add raw florets to your salad
- Stir-fry cauliflower with peas, carrots, and your favorite seasonings
- Puree and add to soups
- Roast in the oven at 450° with oil, salt and pepper

### Cauliflower Sauté

Serving Size: 1/2 cup

Makes 4 servings



### Ingredients

1/2 head of cauliflower, cut into florets  
2 tablespoons of oil  
1/4 cup grated parmesan cheese (or other cheese of your choice)  
1 clove of garlic (optional)  
Salt and pepper to taste

### Directions

Heat oil in a large skillet over medium-high heat. When hot, add the cauliflower and stir until coated with oil. Add the salt. Stir florets until browned and deeply golden in color. Toss in the garlic just before completely browned. Remove from heat and sprinkle cheese.