

CAULIFLOWER

QUICK TIPS

- Eat raw cauliflower with a low-fat salad dressing for a healthy, crunchy snack!
- Add cauliflower to any veggie stir-fry recipe.
- Use cooked cauliflower in soups, stews, or pasta dishes.
- Remember to rinse all fruits and vegetables before using.

KEY POINTS

- For the best buy, choose cauliflower that is firm and heavy with a white and creamy color.
- To prepare cauliflower, wash and trim florets from stalks.
- To keep fresh, store in the refrigerator, unwashed in a plastic bag for up to 1 week.
- Cauliflower contains vitamin C, which is good for fighting colds and healing cuts.

CAULIFLOWER MASHED POTATOES (Makes 4 Servings)

INGREDIENTS:

- 2 potatoes, cut into chunks
- 3 cups cauliflower florets
- 1/2 cup shredded reduced-fat cheddar cheese
- 2/3 cup low fat milk*
- Salt and pepper, to taste
- 1/2 teaspoon garlic powder (optional)

DIRECTIONS:

- In a large pot, bring 4 cups of water to a boil.
- Add potatoes and cook for 5 minutes.
- Add cauliflower and cook for 5 more minutes.
- Drain.
- In a large mixing bowl, add potatoes, cauliflower, and grated cheese.
- Mash with a fork until well blended.
- Add milk, salt, pepper and garlic powder.
- Mix well.
- Serve and enjoy!
- Refrigerate leftovers.

