

Cauliflower

Hello Families,

Pick a **better** snack™ is a program from Iowa State University Extension and Outreach Cerro Gordo County. Each month 2nd grade students learn about a variety of snacks and healthy living.

To learn more about cauliflower, watch Eating Healthy with Michelle – Lesson 11. The video can be found at https://www.youtube.com/watch?v=6FciR_R0DU&feature=youtu.be.

For more facts and recipes check out:

IDPH Pick a Better Snack <https://idph.iowa.gov/inn/pick-a-better-snack>

Spend Smart. Eat Smart. <https://spendsmart.extension.iastate.edu/>

Happy snacking! – Michelle Schubert

Facts

- Cauliflower means cabbage flower.
- Available year round but is more plentiful in the fall.
- Almost all of the cauliflower grown in the United States comes from California.
- Cauliflower is a great source of:
 - Vitamin C – gets rid of germs in the body, heals cuts and bruises, and heals our skin.
 - Fiber – helps our digestive system
 - Folate – may reduce risk of heart disease
 - May help prevent certain types of cancer



How to Pick 'Em

- Choose a head of cauliflower with:
 - Firm, compact, creamy white buds
 - Tightly packed florets
 - Bright green leaves
- Avoid cauliflower with brown spots or loose florets that are spread out.
- Keep in a plastic bag in the refrigerator for up to 1 week.



Try it at Home

- Cauliflower can be eaten raw or cooked.
- Add to salads, soups, casseroles, and stir-fries.
- Mash to make mashed cauliflower or use as the crust of a pizza.

Roasted Cauliflower

- 4 cups cauliflower (1 small head)
- 1 tablespoon oil (canola, olive, or vegetable)
- 1/4 cup bread crumbs
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 teaspoon garlic powder



Directions:

1. Preheat oven to 425° F.
2. Wash cauliflower under running water. Cut into florets.
3. Mix cauliflower and oil in medium bowl.
4. Sprinkle bread crumbs, salt, pepper, and garlic powder on the cauliflower. Stir until combined.
5. Line cookie sheet with foil and spray with cooking spray. Lay cauliflower out in a single layer.
6. Bake for 15 minutes, stir, and return to the oven. Bake for 10 minutes more or until tender.

Recipe from: Spend Smart. Eat Smart.

<https://spendsmart.extension.iastate.edu/recipe/roasted-cauliflower/>

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