

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is... Cauliflower

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce Of the Week



What vegetable is actually a flower on top of a plant?

## CAULIFLOWER!

- ♦ Look for heads of cauliflower that are white or creamy white, firm, compact, and heavy for their size.
- ♦ There should not be any speckling or discoloration on the head or leaves. Avoid cauliflower with brown patches.
- ♦ Cauliflower will keep for up to five days if stored in the crisper section of the refrigerator.

Source: [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### Nutrition Facts:

- ♦ Cauliflower is an excellent source of Vitamin C and is high in foliate.
- ♦ They contain no fat or cholesterol and little sodium.
- ♦ A typical serving size is 1/2 cup, which contains about 15 calories.

### Did you know?

- ♦ Cauliflower is available year round but is more plentiful in autumn.
- ♦ It is a close relative of broccoli and remains white because no chlorophyll is produced in the heads.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits & veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Cauliflower with Garlic-paprika sauce

### INGREDIENTS

- ◆ 4 cups small cauliflower florets
- ◆ 2 gloves garlic, minced
- ◆ 1 tsp olive oil
- ◆ 2 Tbsp apple juice
- ◆ 1 Tbsp snipped fresh parsley
- ◆ 1 Tbsp red wine vinegar
- ◆ 1½ tsp paprika

**DIRECTIONS** In a large saucepan with steamer rack, steam cauliflower over boiling water covered for about 8 minutes or until crisp-tender. Meanwhile, using a small saucepan prepare sauce. First cook garlic in hot oil for 30 seconds. Remove from heat; stir in apple juice, parsley, vinegar, paprika, and salt. Cook sauce until heated. Transfer cauliflower to a serving dish. Pour sauce over the hot cauliflower. Toss to coat.

## Curried Cauliflower Soup

### INGREDIENTS

- ◆ 1 head cauliflower, cut into florets
- ◆ 1 onion, cut into chunks
- ◆ 3 cloves garlic, halved
- ◆ 5 cups vegetable stock
- ◆ 1 (14 ounce) can coconut milk
- ◆ 1 tablespoon curry paste



**DIRECTIONS** Preheat oven to 350 degrees F (175 degrees C). Place the cauliflower, onion, and garlic on a baking sheet, and bake in preheated oven until golden brown, about 30 minutes. Bring vegetable stock, coconut milk, and curry paste to a boil in a large saucepan over high heat. Add the roasted vegetables, then reduce heat to medium-low, cover, and simmer for 15 minutes. Carefully puree the soup in a blender until it has reached your desired consistency and serve.

## Smashed Cauliflower

### INGREDIENTS

- ◆ 1 large head cauliflower, cut into florets
- ◆ 3 cups chicken broth
- ◆ 3 tablespoons butter
- ◆ 1 cup shredded white Cheddar cheese
- ◆ 1/4 cup grated Parmesan cheese
- ◆ salt and pepper to taste

### DIRECTIONS

1. Bring cauliflower and chicken broth to a boil in a large saucepan over high heat. Reduce heat to medium, cover, and simmer for 10 minutes. Uncover the saucepan and increase heat to medium-high. Allow cauliflower to simmer until soft and the cooking liquid has reduced by half, about 10 minutes.
2. Remove cauliflower from the heat, and add the butter, Cheddar cheese, and Parmesan cheese. Mash with a potato masher until the cheeses have melted and the cauliflower is smooth, then season to taste with salt and pepper.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**