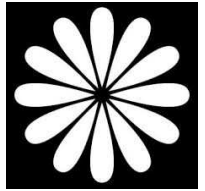


# CAULIFLOWER



In the garden:



Ready to eat:

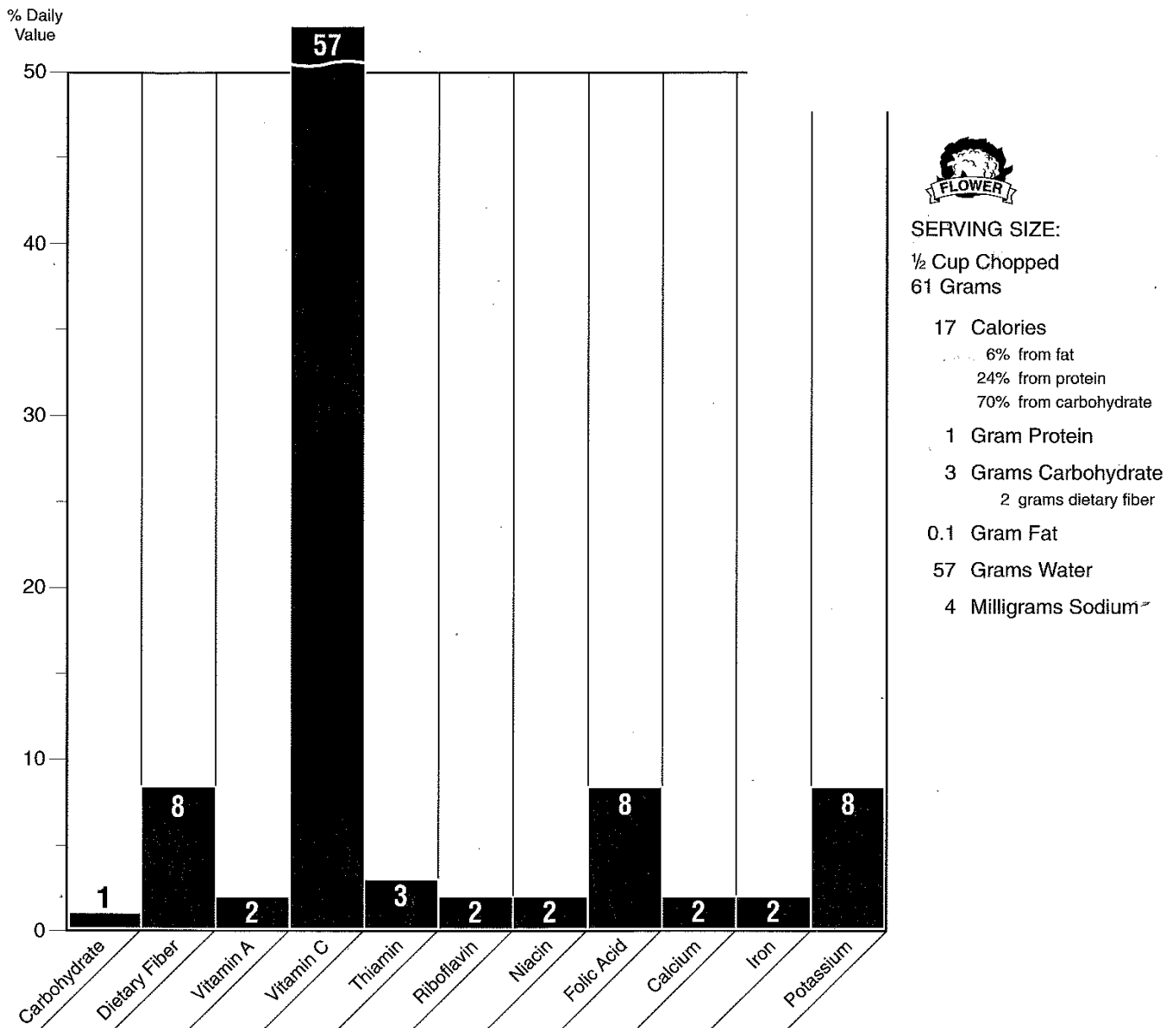


## FUN FACTS:

- Cauliflower is not just white, it can be found in green, purple, and even orange!
- The more colorful varieties have more nutrients too.
- When you eat cauliflower you are actually eating flower buds.

# CAULIFLOWER

## Nutrition Facts



From California Department of Education, 2007

Cauliflower is full of Vitamin C to help heal your cuts and wounds!

## Roasted Cauliflower

### Ingredients:

8 cups cauliflower, cut into bite-sized florets (about 1 head)  
2 tablespoon olive oil  
1/2 teaspoon salt  
Black pepper to taste  
Lemon wedge (optional)



### Directions

1. Preheat oven to 450 degrees F.
2. Place florets in a large bowl with oil, salt and pepper.
3. Toss to coat.
4. Spread cauliflower out on a baking sheet.
5. Roast the vegetables, stirring once, until tender-crisp and browned in spots, about 15-25 minutes.
6. Serve hot or warm with lemon wedges if desired.

### Helpful Storage Tips:

- Do not wash cauliflower until use.
- Store in refrigerator loosely wrapped in plastic for up to 2 weeks.
- Wash and cut off the stem when ready to eat.

## Roasted Cauliflower

### Ingredients:

8 cups cauliflower, cut into bite-sized florets (about 1 head)  
2 tablespoon olive oil  
1/2 teaspoon salt  
Black pepper to taste  
Lemon wedge (optional)



### Directions

1. Preheat oven to 450 degrees F.
2. Place florets in a large bowl with oil, salt and pepper.
3. Toss to coat.
4. Spread cauliflower out on a baking sheet.
5. Roast the vegetables, stirring once, until tender-crisp and browned in spots, about 15-25 minutes.
6. Serve hot or warm with lemon wedges if desired.

### Helpful Storage Tips:

- Do not wash cauliflower until use.
- Store in refrigerator loosely wrapped in plastic for up to 2 weeks.
- Wash and cut off the stem when ready to eat.

# WASHINGTON STATE UNIVERSITY

---



PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

# WASHINGTON STATE UNIVERSITY

---



PIERCE COUNTY EXTENSION

USDA and Washington State University are equal opportunity providers and employers. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.