

Cauliflower

Benefits of cauliflower:



Low in calories



High in vitamin C & B



High in fiber

When are they in season?



Harvested during September and October in Wisconsin.

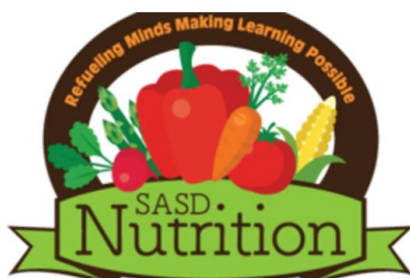
Food Safety for cauliflower

Check for existing mold.

Store cauliflower in the refrigerator.

Separate cauliflower from meat. Use different cutting boards for meats and fruits.

Did you know... Cauliflower can come in many different colors, such as white, orange, and purple.



Resource:

Leech, J. (2018, October 09). 10 Proven Health Benefits of Blueberries. Retrieved January 07, 2021, from Kelly RoenickeMom to two boys with food allergies and sensitivities. (2019, August 20). The Best Seasoned Roasted Cauliflower. Retrieved January 13, 2021, from <https://theprettybee.com/seasoned-roasted-cauliflower/>
Pictures: Creative Commons

Roasted cauliflower:

Serves 4.

Ingredients

- 1 head cauliflower
- ¼ cup olive oil
- 1 ½ teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- ¼ teaspoon chili powder
- 1 teaspoon onion powder
- ¼ teaspoon pepper
- 1 teaspoon salt

Directions

1. Preheat oven to 425 degrees. Line cookie sheet with parchment paper.
2. Rinse cauliflower. Cut the florets off, placing them in a large bowl.
3. Drizzle the olive oil over the florets and add seasoning.
4. Toss together with your hands or spoon.
5. Spread evenly over the prepared cookie sheet. Bake for 30 minutes. Until edges are browned and crisp, Stir once or twice during the cooking time.



Other Ideas:



Cauliflower mac and cheese



Cauliflower mashed potatoes



Cauliflower and dip