



Cauliflower

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What's So Great about Cauliflower?

Nutrient-Rich - Cauliflower is an excellent source of vitamin C and a good source of fiber. Cauliflower is also a source of vitamin K, folate, and potassium. Like most vegetables, cauliflower is low in calories, fat, and cholesterol.

Cancer Preventing - A cruciferous vegetable, Cauliflower contains natural chemicals that may be helpful in the prevention of some cancers.

Always Available - Cauliflower is inexpensive and can be found year round fresh or frozen.

Many Uses - Cauliflower can be eaten raw. Prepare as a side dish, or mixed with other foods as part of a main course.

Why is Vitamin K Important?

Vitamin K is a fat soluble vitamin. Vitamin K is best known for its role in helping blood clot properly after an injury. Vitamin K is helpful in this situation because it is responsible for making clotting factors in the liver. Vitamin K also plays an important role in bone health. Vitamin K is found in cabbage, cauliflower, spinach and other green leafy vegetables, cereals, soybeans, and other vegetables.

Selecting and Storing Cauliflower

The white edible portion is called "the curd" and the heavy outer leaf covering is called "the jacket leaves." Cauliflower is sold with most of the jacket leaves removed, and may be wrapped in plastic film.

Look for: White to creamy-white, compact, solid, and clean curds.



Avoid: Wilted or discolored spots. Speckles on the curd are a sign of insect injury, mold growth, or decay, and should be avoided.

Storage: Store unwashed cauliflower in a plastic bag. Place the bag in the vegetable crisper of the refrigerator. Cauliflower will keep in the refrigerator for up to 7 days.

Varieties of Cauliflower

There are several varieties of cauliflower. Each variety has benefits. Some varieties can be more expensive than others.



<< Cauliflower

Cauliflower looks like broccoli. Except cauliflower has densely packed white flower buds. Usually, only the head (curd) is eaten. The stalk and thick, green leaves are not eaten.

Orange Cauliflower >>

Orange cauliflower is a new variety similar in taste to white. Orange cauliflower has about 25 times more vitamin A than white cauliflower.



<< Purple Cauliflower

This variety has purple curds rather than white. When cooked, the color changes from purple to green. It cooks faster than white cauliflower. Purple cauliflower has a milder taste. It can be substituted for white in most recipes.

Broccoflower >>

A cross between broccoli and cauliflower. Broccoflower looks like cauliflower except it has a light, bright green color. It has a sweeter taste than regular cauliflower. Eaten raw or cooked, its taste is similar to broccoli's. Broccoflower can be prepared, cooked, and served in the same way you would for white cauliflower.



Fitting Cauliflower into MyPyramid

The **GREEN** triangle of MyPyramid is the vegetable section. Vegetables may be raw or cooked; fresh, frozen, or canned. Age, gender, and level of physical activity determine the daily vegetable need. For a 2000 calorie diet, it is recommended having about 2½ cups of vegetables daily.

On MyPyramid, cauliflower is an “other” vegetable. For a 2000 calorie diet, 6½ to 7 cups of “other” vegetables are recommended for women and men per week. That’s only 1 cup per day! For more information on vegetable serving sizes visit www.mypyramid.gov.



Nutrition Facts

1 cup raw Cauliflower

Serving Size 1 cup 100g (100 g)

Amount Per Serving	
Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A	0% • Vitamin C 77%
Calcium	2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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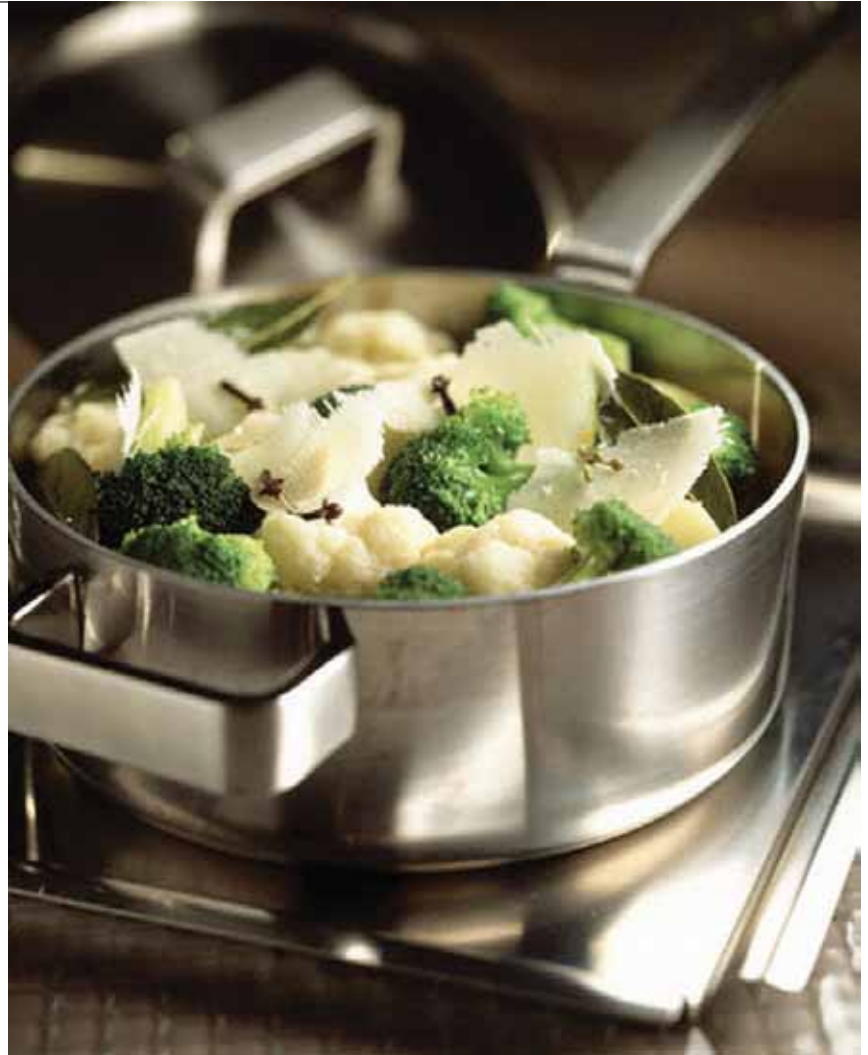
Preparation Tips

Trimming and Washing - Do not wash cauliflower until it is ready to be used. Trim the cauliflower. Pull off outer leaves. Cut off the stem end close to the head.

Steaming - To steam cauliflower, place the vegetable, stem-side down, in a pot containing 2" of boiling water. Cauliflower may turn yellow in some kinds of water. To keep it white, add 2 tablespoons of lemon juice or a teaspoon of vinegar to the water. Cover. After 2 to 3 minutes of steaming, remove the cover for 15 seconds. Removing the cover allows some of the odors to escape. Cooking time for florets is 3 to 5 minutes. For a whole cauliflower, check for tenderness after 12 minutes. Total cooking time for whole cauliflower is about 15 to 20 minutes.

Sautéing - Thinly slice cauliflower florets. Use a small amount of oil in a skillet or wok. Or lightly coat the pan with a vegetable oil spray. If you need to add more liquid to prevent sticking, you can use one or two tablespoons of water, broth, or vinegar. Sauté until tender and lightly brown. Cooking time is 3 to 4 minutes.

Boiling - Cauliflower can release a strong, somewhat unpleasant smell when cooked. To avoid this, cook cauliflower quickly. Boiling also destroys 50% of the Vitamin C content. Place cauliflower stem side up in a pot of water. Add a little lemon



juice or vinegar to retain whiteness. For florets cooking time is 3 to 6 minutes. For whole cauliflower, cooking time is about 10 to 15 minutes.

Microwaving - Put 2 cups of florets in a 9" microwavable dish. Add 1/4 cup of water and cover. Cook 3 minutes on high. Then let stand covered two more minutes to complete cook-

ing. Place a whole cauliflower in a deep microwavable dish with a cover. Add 1/4 cup water to the dish. Cook three minutes on high. Then turn cauliflower over and cook for 2 to 4 minutes. Test for doneness with a fork. The cauliflower should be tender when pierced. Let stand for three more minutes to complete cooking.

Recipe Collection

Savory Cauliflower

Makes 6 servings

INGREDIENTS

- 1 Tablespoon vegetable oil
- 1 medium onion
- 1/4 teaspoon garlic powder
- 1 large head of cauliflower
- 2 large tomatoes
- 1/2 teaspoon black pepper
- 1 Tablespoon dried parsley
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS

1. Chop the cauliflower into 2 inch pieces.
2. Peel and chop the onion.
3. Chop the tomatoes.
4. Put the cauliflower in a pan. Add 1 inch of water.
5. Cook over medium heat, and let it boil for 3 minutes.
6. In a large pan, heat oil. Add the onion.
7. Cook over medium heat for 3 to 5 minutes.

8. Test the cauliflower for doneness. If tender, drain the cauliflower.
9. Add the garlic and cauliflower to the pan with the onion.
10. Cook while stirring for 3 minutes, until lightly browned.
11. Add the tomatoes and pepper.
12. Cook for 5 more minutes.
13. Serve with a sprinkle of parsley and cheese

Cauliflower Casserole

Makes 12 servings

INGREDIENTS

- 1 1/2 cup rice
- 3 1/2 cups water
- 1 medium chopped onion
- 1 can (10 3/4 ounce) condensed cream of mushroom or celery soup 1 1/2 cups 1% milk (skim can be used)

Estimated Cost: Per Recipe: \$3.85
Per Serving: \$0.64

- 2 - 10 ounce packages frozen chopped cauliflower
- 1/2 pound grated or sliced cheese
- 3 Tablespoons margarine or butter

INSTRUCTIONS

1. Preheat oven to 350 degrees and grease a 12x9x2 inch baking pan.
2. Thaw the cauliflower.
3. In a saucepan mix rice, salt, and 3 cups of water. Bring to a boil.
4. Cover and simmer for 15 minutes. Remove saucepan from heat. Set aside for additional 15 minutes.
5. Sauté onions in margarine or butter until tender.
6. Mix soup, milk, 1/2 cup of water, onion, and rice. Spoon mixture into baking pan.
7. Drain the vegetables and then spread over the rice mixture.
8. Spread the cheese evenly over the top. Bake at 350 degrees for 25-30 minutes until cheese is melted and rice is bubbly.

Estimated cost: Per Recipe: \$3.85
Per Serving: \$0.64

Nutrition Facts

1/2 cup Cauliflower

Serving Size 1/2 cup prepared cauliflower, 1/6 of recipe (220g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 95mg **4%**

Total Carbohydrate 12g **4%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 5g

Vitamin A 8% • **Vitamin C 130%**

Calcium 8% • **Iron 6%**

*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts

1 cup Casserole

Serving Size (191g)
Servings Per Container

Amount Per Serving

Calories 240 **Calories from Fat 100**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 5g **25%**

Cholesterol 20mg **7%**

Sodium 360mg **15%**

Total Carbohydrate 26g **9%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 9g

Vitamin A 15% • **Vitamin C 45%**

Calcium 20% • **Iron 10%**

*Percent Daily Values are based on a diet of 2,000 calories per day. Your daily values may be higher or lower depending on your calorie needs.

	Calories 2,000	2,500
Total Fat	Less Than 65g	80g
Saturated Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300 mg
Sodium	Less Than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Grow Your Own Cauliflower

Cauliflower is best started from transplants. Cauliflower is more sensitive to the cold than other plants from the cabbage family. Start cauliflower early enough that it matures before the heat of the summer.

Space plants 18 to 24 inches apart in a row. When the head begins to form (shows 2 to 3 inches of white curd), it is ready to blanch. To blanch, tie the outer leaves together over the center of the plant. This protects the head from sunburn. It keeps the plant

from turning green and developing an off-flavor. Cauliflower grows 6 to 8 inches in diameter. It is ready to harvest within 7 to 12 days after blanching. The mature heads should be compact, firm and white. Harvest the heads by cutting the main stem. Leave a few green outer leaves attached to protect the head. For more information, contact your local Cooperative Extension Educator in the phone book or at <http://www.extension.psu.edu/>



ACTIVITY ALLEY

Test Your Cauliflower Knowledge!

Directions: Take the quiz to find out how much you've learned about cauliflower.

- Cauliflower, unlike other cruciferous vegetables is sensitive to _____ weather.
 - Warm
 - Rainy
 - Cold
- To avoid cauliflower from turning yellow when cooking, you should add _____.
 - Milk
 - Vinegar or lemon juice
 - Baking powder
- The white, edible part of cauliflower is called _____.
 - Curd
 - Leaf
 - Meat
- The heavy outer leaf covering on cauliflower is called _____.
 - Jacket leaves
 - Paper
 - Floret
- How long will cauliflower stay good if kept in the refrigerator?
 - 1-2 days
 - 5-7 days
 - 10-12 days
- What is a cross between cauliflower and broccoli?
 - Caulo-Broccoli
 - Caulocoli
 - Broccoflower
- What should you look for when buying cauliflower?
 - Spreading of the curd
 - Heads with bruises or brown spots
 - Firm crisp heads with white or creamy florets
- Cauliflower is an excellent source of this vitamin.
 - Vitamin D
 - Vitamin C
 - Vitamin E

0-2 correct

Cauliflower is great source of vitamins and minerals and low in calories. Cauliflower is easy to use. It adds great flavor to any dish. If you scored 0-2, try to include cauliflower in a dish this week. Mix with a salad or just eat it raw.

3-5 correct

Good job! Cauliflower is low in fat and a good source of many nutrients like Vitamin C, fiber, and folate. If you scored 3-4, try to include cauliflower in your dish tonight. You can sauté your cauliflower or you could eat as a snack with dip.

6-8 correct

Wonderful! You scored 6-8. Cauliflower is an excellent source of vitamin C and a good source of vitamin K, fiber, folate, and minerals. Try to add cauliflower to your meals more often.

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