



Local PICK OF THE MONTH

September 2016

Crazy Cauliflower

Recipe

Spanish Cauliflower

Ingredients:

- 1/2 tbsp. olive oil
- 1 onion, medium, chopped
- 1/4 tsp. garlic powder
- 1 large head of cauliflower, chopped into 2 inch pieces
- 2 large tomatoes, chopped
- 1 tbsp. dried parsley
- 1/4 cup parmesan cheese

Directions

Chop the cauliflower, onion and tomatoes. Steam the cauliflower in about one inch of water for three to five minutes.

In a sauté pan, heat oil and onion for about three minutes. If onions start to stick to pan, add a small amount of water.

Add garlic and cauliflower to onions. Cook mixture until it start to brown. Add tomatoes and pepper, cook for five more minutes. Sprinkle with parsley and parmesan cheese.

Yields six servings.

Nutritional information

60 calories, 7g carbohydrates, 2.5g fat, 80g sodium, 2g fiber, 3g protein

Recipe adapted from Fruits and Veggies More Matters and the Pennsylvania Nutrition Education Program.

What's so great about cauliflower?

- It's a good source of folate and vitamin C.
- It's fat-free.
- It's in the same family as cabbage, brussel sprouts and kale.



What's the best way to eat cauliflower?

- Mashed or baked
- Roasted
- In a stir fry
- Added to soups
- Fresh in a salad

Selection and preparation

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| <p style="text-align: center;">Selection</p> <p>Choose a dense cauliflower head with bright green leaves.</p> | <p style="text-align: center;">Refrigerate</p> <p>Store the cauliflower in the refrigerator for up to five days in a plastic bag.</p> |
| <p style="text-align: center;">Preparation</p> <p>Wash your cauliflower and remove the head from the stem.</p> | <p style="text-align: center;">Cooking</p> <p>Cut into bite-size florets for fresh eating. Freeze, cook and enjoy!</p> |

Check your local grocery store or farm stand for fresh cauliflower today!