



Cauliflower Casserole

1 head cauliflower	½ cup finely chopped green pepper	½ cup finely chopped white onion
1 cup fat-free sour cream	½ cup finely chopped red bell pepper	1 teaspoon salt
1 cup low-fat shredded cheddar cheese	Paprika	¼ cup grated, reduced-fat Parmesan cheese
½ cup crushed corn flakes		

Preheat oven to 325 degrees F. **Grease** a 2-quart baking dish with cooking spray or vegetable oil. **Remove** the core and any green leaves from the cauliflower head. **Chop** the remaining head into 2 inch pieces. **Place** a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. **Cover** and bring the water to a **boil** over high heat. **Add** the cauliflower, and **steam** until tender, about 5 minutes. **Drain** and set aside. **Combine** sour cream, cheddar cheese, corn flakes, peppers, onion

and salt in a medium bowl. **Stir** in the cauliflower and **transfer** to the prepared baking dish. **Sprinkle** Parmesan cheese and paprika over the top of the dish. **Bake** uncovered until heated through, about 30-35 minutes.

Yield: 8 servings.

Nutritional Analysis: 110 calories, 3 g fat, 1.5 g saturated fat, 0 g trans fat, 10 mg cholesterol, 519 mg sodium, 13 g carbohydrate, 2 g fiber, 6 g sugar, 8 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

Kentucky Cauliflower

SEASON: June, September, October, and early November.

NUTRITION FACTS: Cauliflower is low in calories, with only 25 calories per half cup serving. It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium and 100 percent of the recommended amount of vitamin C.

SELECTION: Heads should be creamy white in color, firm and heavy. Look for tight, unblemished curd and fresh looking leaves and stalk.

STORAGE: Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep it dry and do not wash it until you are ready to use. Any brownish colored bruises may be trimmed away before cooking.

PREPARATION:

Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can be strong, mushy and beige in color if cooked for too long.

Source: www.fruitsandveggiesmatter.gov

Remove green stalks. Wash and soak, in cold salted water for 30 minutes. Leave the head whole, or break into florets. Cook covered in water until tender.

PRESERVING: Freezing: Break flowerets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water, chill and drain. Label and date the package. Freeze immediately. Use all frozen produce within a year.

KENTUCKY CAULIFLOWER

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
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March 2014

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