



Cauliflower Mushroom Poppers

1 head cauliflower, chopped	¼ cup Parmesan cheese	1 teaspoon salt
60 whole baby Portabella mushrooms	¾ cup crushed bran flakes	¼ teaspoon pepper
1 cup nonfat plain yogurt	½ cup chopped red bell pepper	½ teaspoon garlic powder
½ cup reduced fat shredded cheddar cheese	½ cup chopped green bell pepper	Paprika

Preheat oven to 325 degrees F. **Grease** a 9-by-13-inch baking pan. **Steam** the cauliflower by placing in a saucepan in ½-inch of boiling water, cover with lid and cook for 5 minutes. **Drain.** **Place** cooked cauliflower in a bowl and **mash** using a potato masher. **Remove** the stems and **scoop** out the caps of mushrooms. **Chop** stems for later use. **Combine** yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium

bowl. **Stir** in cauliflower and ½ cup of the reserved chopped mushroom stems. **Stuff** the cauliflower mixture into the hollowed mushroom caps. **Sprinkle** with paprika. **Bake**, uncovered for 20 minutes.

Yield: 20 servings, 3 mushrooms per serving

Nutritional Analysis: 45 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 200 mg sodium, 5 g carbohydrate, 1 g sugars, 4 g protein.

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 curds 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

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. 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

University of Kentucky, Dietetics and Human Nutrition students

October 2016

Source: www.fruitsandveggiesmatter.gov

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