



Grilled Cauliflower Dippers with Guacamole

1 large head cauliflower
¼ cup olive oil
1½ limes, zested and juiced
2 cloves garlic, crushed
1½ teaspoons honey
¼ cup cilantro, finely chopped
2 tablespoons smoked paprika

Guacamole
2 avocados
1 Roma tomato, finely diced
½ lime, juiced
1 clove garlic, minced

½ small red onion, chopped
1 jalapeno, chopped
¼ cup cilantro, finely chopped
½ teaspoon salt

Preheat grill to medium-low. **Remove** outer green leaves from cauliflower. **Slice** into ¾ inch thick slices, cutting from top of the head to bottom of stalk. In a small bowl **whisk** together olive oil, lime juice, garlic, and honey. In a separate bowl, **mix** together the cilantro, lime zest and paprika. **Brush** the cauliflower slices with the liquid mixture on both sides. **Place** on grill and sprinkle with dry mixture. **Grill** slices on both sides until browned and

tender, about 5 minutes on each side. **Remove** cauliflower and cut into dip-sized pieces. **Peel** and **seed** avocado. **Place** in a bowl and mash. **Add** remaining ingredients and **serve** with grilled cauliflower.

Yield: 6 servings

Nutritional Analysis: 210 calories, 17 g fat, 2.5 g saturated fat, 0 mg cholesterol, 240 mg sodium, 17 g carbohydrate, 7 g fiber, 5 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 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 too long. Remove green stalks. Wash and soak in cold salted water for 30 minutes. Rinse. Leave the head whole, or break into florets. Cook covered in water until tender.

PRESERVING:

Freezing: Break florets 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

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Source: www.fruitsandveggiesmatter.gov

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