Cauliflower Casserole

1 head cauliflower
1 cup fat-free sour cream
1 cup low-fat shredded cheddar cheese
¼ cup crushed corn flakes

½ cup finely chopped green pepper
½ cup finely chopped red bell pepper
Paprika

¼ cup finely chopped white onion
1 teaspoon salt

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.

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

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
University of Kentucky, Dietetics and Human Nutrition students
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