



Cauliflower on the Side

1 large head of cauliflower	2 tablespoons extra-virgin olive oil	1 teaspoon garlic powder
1 tablespoon extra-virgin olive oil	¾ cup whole wheat seasoned bread crumbs	¼ cup shredded Parmesan cheese
1 cup minced onion		Salt and pepper, to taste

Wash cauliflower head, **remove** leaves and core. **Place** head in a large pot and **cover** with water. Bring to a **boil** over high heat. **Reduce** heat to medium-low; **cover** and **simmer** until fork-tender, 5-7 minutes. **Drain** and allow to cool for 1-2 minutes. **Chop** into bite size pieces. **Put** 1 tablespoon of olive oil in a skillet over medium-high heat. **Sauté** the onion in oil until browned, about 5 minutes. **Add** 2 tablespoons of olive oil to onion. **Stir** in the bread crumbs and garlic powder; **cook** until mixture bubbles. **Add** the cauliflower

and Parmesan cheese to the onion mixture. **Cook** 3-5 minutes, until cauliflower is warm. **Season** with salt and pepper, serve hot.

Yield: 12, ½ cup servings

Nutritional Analysis:
70 calories, 4 g fat, 1 g saturated fat, 0 mg cholesterol, 55 mg sodium, 8 g carbohydrate, 1 g fiber, 2 g sugars, 2 g protein.

Analysis does not include added salt and pepper.

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

spots 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 cauliflower head 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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Source: www.fruitsandveggiesmatter.gov

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