

CAULIFLOWER

GROWN IN MINNESOTA



DIFFERENT USES

- Mashed cauliflower: boil cauliflower until tender, drain, add seasonings. Mash until smooth.
- Warm yourself up with cauliflower soup. Add broth, vegetables, seasonings and anything else you like.
- Steam, roast, bake or sauté.
- Make a vegetable tray with cauliflower and other raw vegetables. Serve with low fat dip or hummus.

Nutrition Facts

Serving Size 1/6 medium head (99g)

Calories 25	% Daily Value
Total Fat 0g	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%

Protein 2g

Health Benefits

- 100% daily recommended amount of vitamin C in 1/6th of a medium head.
- Good source of fiber to help maintain a healthy digestive tract.
- High in folate to help produce new cells.

FUN FACT

- Available year-round but grown in Minnesota from July to November.
- It is from the same family as cabbage, broccoli, kale, Brussels sprouts and Bok Choy (Chinese cabbage).
- Cauliflower is a flower that grows from a plant.
- Green leaves surround the head to protect the flower buds from the sun. Lack of exposure to sunlight does not allow chlorophyll to developed so color is not produced and the head remains white.