

# CAULIFLOWER



GLEANERS



**Storage tips:** Remove any plastic packaging and store stem-up in the fridge for 3-5 days. Avoid washing your cauliflower until you are ready to prepare it for best quality.

**Nutrition benefits:** Cauliflower is a good source of vitamin C, vitamin K, fiber, and folate. These nutrients are important for heart and digestive health and may reduce the risk of chronic diseases.

## 5 WAYS TO ENJOY CAULIFLOWER

- 1) Serve raw with other veggies and your favorite dip.
- 2) Cook and mash cauliflower for a new take on mashed potatoes.
- 3) Use riced cauliflower to take a new spin on fried rice.
- 4) Roast cauliflower pieces in buffalo sauce for a plant-based alternative to chicken wings.
- 5) Blend into smoothies for an extra serving of veggies that you can't even taste!



Visit [GleanersNutritionHub.org](https://GleanersNutritionHub.org) for more recipe ideas and cooking tips!

## CURRIED CAULI

recipe



### Ingredients:

- 3 tablespoons olive oil, divided
- 1 head cauliflower, cut into bite-sized florets
- 1 1/2 teaspoons brown sugar
- 1/4 teaspoon salt
- 1/2 teaspoon curry powder

### Directions:

1. Preheat oven to 400°F. Grease a baking sheet with 1 tablespoon oil.
2. In large a bowl, combine remaining ingredients. Spread evenly on prepared baking sheet.
3. Roast for 20-30 minutes, turning halfway through, until florets begin to char.
4. Serve as a side dish or mixed into your favorite main dish!

Serves 4: nutrition per serving (1 cup): 133 calories, 10 g fat, 10 g carbs, 4 g fiber, 3 g protein, 155 mg sodium