



Cauliflower

Fun Facts: Most cauliflower is white or creamy colored. Purple cauliflower looks like cauliflower, but is really a type of broccoli that turns green when cooked. White cauliflower heads turn green if they get sunburned. Cauliflower is in the cabbage, or cruciferous, family of vegetables. It is the 12th most frequently eaten vegetable in the U.S. Eating white or purple cauliflower helps protect against heart disease and cancer.

Selecting Fresh Cauliflower: Look for a head that is clean, firm, tight, compact, solid and heavy. Any outer leaves should be fresh and green. Avoid cauliflower heads that are light brown, or that have spread out or have a coarse appearance that looks like rice, and those with soft, wilted or discolored spots.

Measuring Fresh Cauliflower:

- 1 pound raw = about 10 ounces ready to eat = about 3 cups raw = 1 1/2 cups cooked
- 1 medium head = about 50 to 75 florets = about 6 cups raw
- 1/2 cup cooked = about 2 1/4 ounces by weight = 62 grams

Handling and Preserving: Refrigerate unwashed, dry cauliflower in a perforated plastic bag in the vegetable drawer. It will stay fresh from 2 days through 4 weeks. **To freeze,** select a fresh head. Wash, cut out any dark spots, and trim off leaves. If the head has insects, soak it in 4 cups cold water with 1 teaspoon each vinegar and salt for 30 minutes. Place 1-inch pieces of cauliflower in 1 gallon boiling water mixed with 3 tablespoons lemon juice (added to prevent darkening) for 3 minutes. Drain immediately and place in ice water for 3 minutes. Drain again. Pack into freezer bags, leaving 3 inches of air space. Squeeze out the air, seal, date and freeze.

Preparation and Serving: Wash fresh cauliflower under cool running water. Trim off leaves and any dark spots. If the head has insects, soak it in 4 cups cold water with 1 teaspoon each vinegar and salt for 30 minutes. To maintain its nutrients, do not soak longer. Serve raw or cooked cauliflower plain or with dips or sauces or in salads and casseroles. To cook cauliflower: cut the florets into same-sized pieces and steam, microwave, boil or stir-fry them until fork-tender. For best quality, do not overcook.

Nutrition Facts 1 serving = 1/2 cup cooked or raw cauliflower. Each 1/2 cup cooked cauliflower has: Calories 14; Protein 1 gram; Carbohydrates 3 grams; Fat 0 grams. Cauliflower contributes fiber, vitamin C, B vitamins including folic acid, and many other nutrients, antioxidants and healthful phytochemicals to the diet.

References: www.urbanext.uiuc.edu/veggies; ESHA Food Processor; www.fda.gov/fdac/special/foodlabel/raw.html; Food for Fifty, 11th edition, 2001, by M. Molt, Prentice Hall; www.oznet.ksu.edu/library/fntr2/MF1181.pdf

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