

Cauliflower

Arkansas Fresh

History

Cauliflower and broccoli are classified by botanists in the same genus, species and variety. They are part of the *Brassica* family, which originated in the Mediterranean and Asia Minor. Cauliflower was introduced to Spain from Siberia in the 12th century. In the early 1600s, it was sold in London and France. Cauliflower was grown in the U.S. as early as 1800, but it did not become popular until the 1920s.

Preparation Tips

- Garden-fresh cauliflower is subject to insect infestation. To help remove insects, soak the cauliflower in 1 quart of cold water with 1 tablespoon of salt for 30 minutes. Rinse the cauliflower thoroughly before cooking to remove residual salt.
- Avoid cooking cauliflower too long because strong flavors and discoloration may develop. It is best if cooked until just tender.
- Avoid cooking cauliflower in iron pots because it may turn black.
- Marinate raw cauliflower florets with strips of carrots, peppers, onions and celery in Italian salad dressing for a flavorful salad or side dish.
- Add raw or partially cooked florets to any salad to add some extra crunch.
- Sauté cooked cauliflower in a small amount of butter or margarine and lemon juice until golden brown.
- Substitute cooked cauliflower for potatoes for a low-carb potato salad.

Buying & Storage Tips

- Arkansas-grown cauliflower is available in May.
- Select heads that have tightly packed florets and range from white to creamy white in color.
- The color and smoothness of the florets is a characteristic of the variety and not an indicator of freshness.
- Avoid heads with any brown or moldy spots.
- Cauliflower can be refrigerated in a perforated plastic bag for 3 to 5 days.
- Cauliflower stores best if kept cold and humid.
- Use as soon as possible for best flavor.

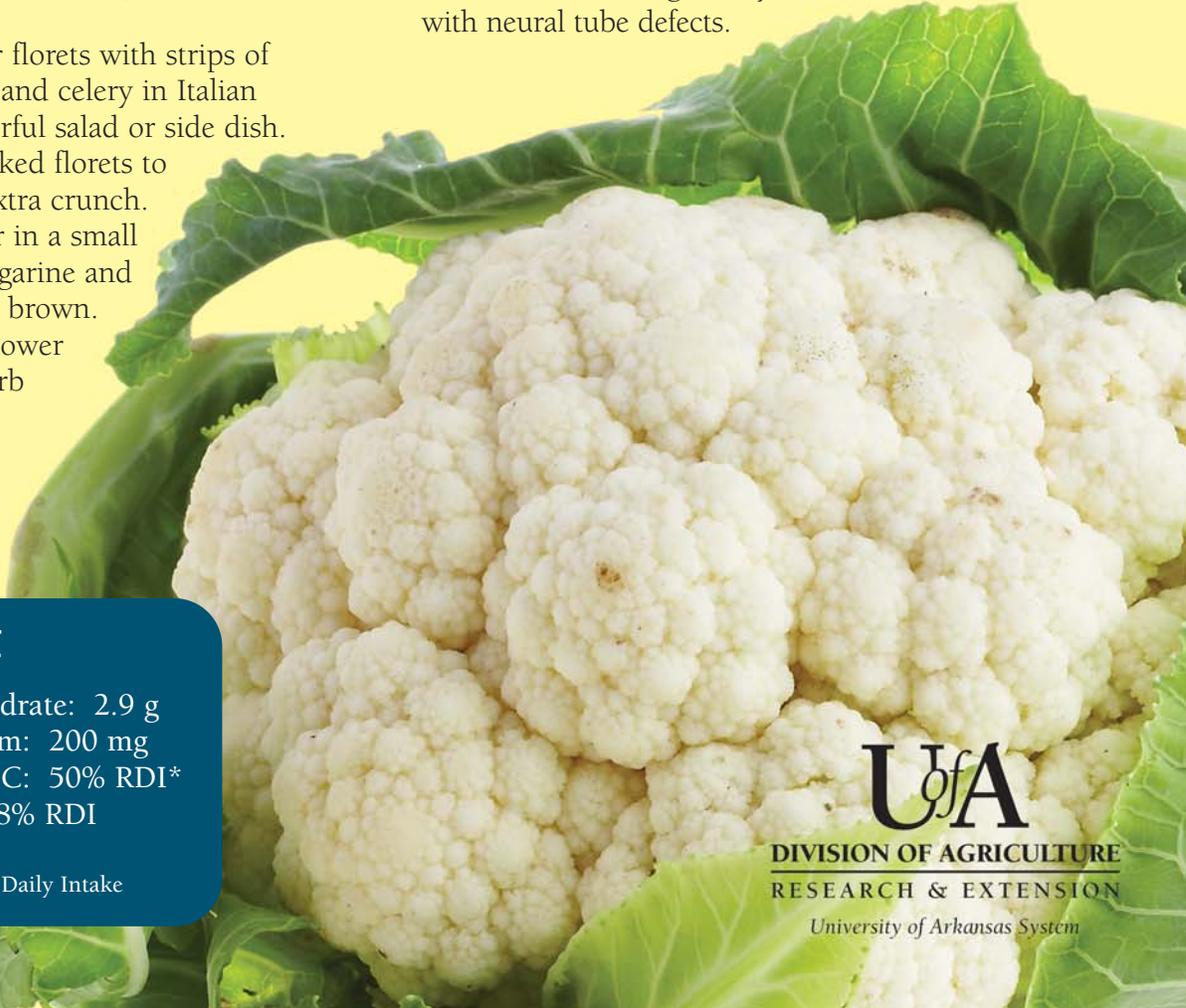
Nutrition Information

Cauliflower is a source of vitamin C, an antioxidant that may help reduce your risk of heart disease and certain cancers. Eating foods with vitamin C helps the body absorb iron. Cauliflower is also a source of folate, another vitamin that may reduce risk for heart disease. Eating foods with folate before pregnancy helps lower the risk of delivering a baby with neural tube defects.

1/2 cup cauliflower, boiled

Calories: 14	Carbohydrate: 2.9 g
Sodium: 4 mg	Potassium: 200 mg
Protein: 1.2 g	Vitamin C: 50% RDI*
Fat: 0.1 g	Folate: 8% RDI
Fiber: 1.1 g	

*Reference Daily Intake



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Cauliflower is low in calories, fat and sodium and high in potassium and vitamin C.

Recipes

Three Cheese Cauliflower

8 servings Total Time: 1 hour

Ingredients

1 head cauliflower, (about 1 $\frac{3}{4}$ pounds), cut into large florets
1 $\frac{1}{4}$ cups nonfat milk, divided
3 tablespoons all-purpose flour
 $\frac{1}{2}$ cup low-fat cottage cheese
 $\frac{1}{2}$ cup shredded Swiss cheese
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon freshly ground black or white pepper
3 tablespoons freshly grated Parmesan cheese
 $\frac{1}{2}$ tablespoons unseasoned fine dry breadcrumbs

Preparation

1. Set rack in upper portion of oven; preheat to 375°F. Coat a shallow 2-quart baking dish with cooking spray.
2. Place cauliflower florets in a steamer basket over boiling water, cover and steam until tender but not soft, 5 to 7 minutes. Quickly cool with cold running water and let drain.
3. For a smooth sauce, place cottage cheese in blender and puree until smooth.
4. Heat 1 cup milk in a medium heavy saucepan over medium heat. Stir together flour and the remaining $\frac{1}{4}$ cup cold milk in a small bowl to make a smooth paste. Stir into the hot milk mixture and cook, stirring constantly, until thickened, about 3 to 4 minutes. Remove from the heat and stir in cottage cheese, Swiss cheese, salt and pepper.
5. Spread one-third of the sauce in prepared baking dish. Arrange the steamed cauliflower over it and top with the remaining sauce. Sprinkle with Parmesan and breadcrumbs. Bake until golden brown and bubbly, about 30 minutes.

Nutrition Information Per Serving:

Calories: 105	Protein: 8 g
Fat: 3 g	Carbohydrates: 12 g
Saturated fat: 2 g	Fiber: 3 g
Cholesterol: 9 mg	Sodium: 187 mg

Roasted Cauliflower with Garlic

8 servings 1 cup each Total Time: 45 minutes

Ingredients

1 head cauliflower, chopped
2 teaspoons extra virgin olive oil
2 3 cloves garlic, minced
 $\frac{1}{2}$ teaspoon salt
1 2 teaspoons lemon juice
Pepper
Optional seasonings: chili flakes, Parmesan cheese, onions, curry powder

Preparation

1. Preheat oven to 400°F. Toss cauliflower with olive oil, garlic, salt, lemon juice and pepper. Add other seasonings, if desired.
2. In a single layer on a baking sheet, spread cauliflower mixture. Bake 10 minutes, then stir and toss the mixture. Continue cooking and stirring every 10 minutes. Cauliflower should be done in 25 30 minutes or when it is golden brown.

Nutrition Information Per Serving:

Calories: 31	Protein: 2 g
Fat: 1 g	Carbohydrates: 4 g
Saturated fat: 0 g	Fiber: 2 g
Cholesterol: 0 mg	Sodium: 168 mg

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Enjoy Arkansas' Fresh Cauliflower