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.

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

<table>
<thead>
<tr>
<th></th>
<th>Calories: 14</th>
<th>Carbohydrate: 2.9 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sodium</td>
<td>4 mg</td>
<td>Potassium: 200 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>1.2 g</td>
<td>Vitamin C: 50% RDI*</td>
</tr>
<tr>
<td>Fat</td>
<td>0.1 g</td>
<td>Folate: 8% RDI</td>
</tr>
<tr>
<td>Fiber</td>
<td>1.1 g</td>
<td></td>
</tr>
</tbody>
</table>

*Reference Daily Intake
### Three Cheese Cauliflower

**8 servings**  **Total Time: 1 hour**

**Ingredients**
- 1 head cauliflower, (about 1¾ pounds), cut into large florets
- 1¼ cups nonfat milk, divided
- 3 tablespoons all-purpose flour
- ½ cup low-fat cottage cheese
- ½ cup shredded Swiss cheese
- ¼ teaspoon salt

- ¼ teaspoon freshly ground black or white pepper
- 3 tablespoons freshly grated Parmesan cheese
- 1½ 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 ¼ 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
- Fat: 3 g
- Saturated fat: 2 g
- Cholesterol: 9 mg
- Protein: 8 g
- Carbohydrates: 12 g
- Fiber: 3 g
- 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
- ½ 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
- Fat: 1 g
- Saturated fat: 0 g
- Cholesterol: 0 mg
- Protein: 2 g
- Carbohydrates: 4 g
- Fiber: 2 g
- Sodium: 168 mg

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