

Cauliflower



Mark Twain once defined cauliflower as “the cabbage with a college education.” Grown for centuries in the coastal regions of the Mediterranean and in Asia Minor, it was first planted in America over 200 years ago. Since cauliflower likes cool growing weather, you can be

sure it does well in Vermont!

Although the solid head of cauliflower may give you the impression that it stores well, don't be fooled. If cauliflower is stored fresh for too long, it can develop a strong odor and taste. The best way to store cauliflower is by freezing it first. If you

plan to freeze it, you'll need to blanch it for 2 to 4 minutes, rinse it under cold water, drain, and pack it into containers.

Pasta Vegetable Salad

Makes 6 servings Sara Burczy, Waterbury

Ingredients:

- 8 ounces corkscrew macaroni (or other small pasta shape)
- 1 head of broccoli
- 1 head of cauliflower
- 2 tomatoes, chopped
- 3/4 cup canned garbanzo beans (chick peas), rinsed and drained
- 1/2 cup of nonfat Italian salad dressing

Directions:

1. Cook macaroni until just tender.
2. Drain macaroni and cool.
3. Separate broccoli and cauliflower into florets.
4. Steam florets briefly (2 to 3 minutes, maximum); drain and cool.
5. Combine all ingredients except dressing in bowl.
6. Pour dressing over the vegetables and pasta.
7. Mix gently.
8. Marinate several hours in refrigerator before serving.

Nutrition Facts

Serving Size 1 Serving (200g)
Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2 %
Saturated Fat 0g	0 %
Cholesterol 0mg	0 %
Sodium 300mg	13 %
Total Carbohydrate 41g	14 %
Dietary Fiber 5g	20 %
Sugars 4g	
Protein 8g	
Vitamin A 8%	• Vitamin C 90%
Calcium 4%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- In the store, select heads that are firm without open flower clusters.
- To get rid of bugs, soak the head upside down in cold, salted water for a few minutes.

Complementary Herbs

basil
chives
parsley
rosemary
savory
tarragon
thyme

Cauliflower and Peas with Curry Cream sauce

Makes 6 servings

Ingredients:

- 2 Tablespoons butter
- 2 Tablespoons whole wheat flour
- 1 teaspoon cumin
- 3/4 teaspoon turmeric
- 1/2 teaspoon cardamom
- 1 cup skim milk
- 1 head of cauliflower, separated into florets, cooked
- 2 cups cooked peas
- 1 Tablespoon chopped parsley (optional)
- Dash of paprika (optional)



Directions:

1. Melt butter in a skillet.
2. Add flour and seasonings and blend until smooth.
3. Gradually add milk and stir until sauce is smooth and thick.
4. Add cauliflower and peas and heat thoroughly.
5. Top with chopped parsley and paprika and serve immediately.

Source: "The Green Thumb Cookbook," Anne Moyer, Rodale Press, Emmaus, PA

Nutrition Facts

Serving Size 1 Serving (145g)
Servings Per Container 6

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g 7%

Saturated Fat 2.5g 13%

Cholesterol 10mg 3%

Sodium 115mg 5%

Total Carbohydrate 14g 5%

Dietary Fiber 5g 20%

Sugars 5g

Protein 5g

Vitamin A 10% • Vitamin C 40%

Calcium 8% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.