



Give Them More
of the
Good Stuff!

Cauliflower Basics

Shop and Save

- ☀ Choose a head of cauliflower with even color and tightly packed florets.
- ☀ Avoid heads with brown or wet spots and wilted or yellowing leaves.
- ☀ Fresh cauliflower is available year-round but may cost less when in season locally. In Oregon, this is usually May through December.
- ☀ Pre-cut fresh cauliflower can be found in the produce area of many grocery stores.
- ☀ Frozen cauliflower is a good buy and can be used in many recipes.

Cauliflower is high in vitamin C, which helps to heal wounds and fight infection.



Store Well Waste Less

- Refrigerate cauliflower stem side down in a loose bag or in the store wrapper for 1 to 2 weeks.
- Pre-cut cauliflower (from the store or cut at home) loses freshness faster; use in 2 to 3 days.
- Rinse cauliflower under running water just before using. Trim away brown spots.
- The stem and leaves are good to eat raw or cooked.
- Freeze cauliflower for longer storage. For best color and flavor, blanch first and package in airtight containers to use within 8 to 12 months.

Three Ways to Cut Cauliflower



- Begin with a flat edge:** remove the leaves and slice across the core.
- 1 Steaks:** slice through head from top to bottom every 1 to 1 1/2 inches.
 - 2 Florets:** slice head into 4 sections, and then cut away the core to release florets.
 - 3 Rice:** slice head into 4 sections, and then grate using the largest holes of a grater.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer. 2020 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:



Enjoy Cauliflower

Baked Cauliflower Tots

Ingredients:

2 cups grated or finely chopped **cauliflower** rice (about half a medium head)

1 **egg**

3 Tablespoons **flour**

¼ cup grated **cheddar cheese**

¼ teaspoon **salt**

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a baking sheet.
4. In a medium bowl, combine all ingredients and mix well.
5. Press mixture together to make about 15 balls or logs and put them on the baking sheet with space between each one.
6. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
7. Refrigerate leftovers within 2 hours.

Makes 2 cups

Prep time: 10 minutes

Cook time: 20 minutes

Go to
FoodHero.org
for easy, tasty
cauliflower
recipes

Roasted Cauliflower Steaks

Ingredients:

1 head **cauliflower** (medium to large)

1 Tablespoon **vegetable oil**

2 Tablespoons **lemon juice**

1 teaspoon **garlic powder**

½ teaspoon **salt**

¼ teaspoon **pepper**

½ teaspoon **paprika** (optional)

¼ cup grated **cheese** (optional)

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 400 degrees F.
3. Lightly grease a large baking sheet.
4. Slice cauliflower from top to bottom through the head into 1- to 1 ½- inch thick steaks. Put steaks on the baking sheet along with end pieces, flat side down.
5. In a small bowl, mix the rest of the ingredients, except cheese.
6. Spoon on and spread or brush the cauliflower with half the mixture. Roast for 20 minutes.
7. Remove baking sheet from the oven, carefully turn over the steaks and spread with the rest of the mixture. Roast for 15 to 20 minutes or until the cauliflower is browned and tender.
8. Sprinkle with cheese, if desired, and serve.
9. Refrigerate leftovers within 2 hours.

Makes 6 servings

Prep time: 15 minutes

Cook time: 40 minutes



**Kids
Can!**

When kids help make healthy food, they are more likely to try it.

Show kids how to:

- measure and mix ingredients.
- press cauliflower mixture into balls or logs.
- wash hands after touching raw eggs (after cracking eggs and after pressing the balls or logs).

A medium-sized head of cauliflower is about 6 inches across, weighs about 2 pounds and makes 4 to 6 servings.

