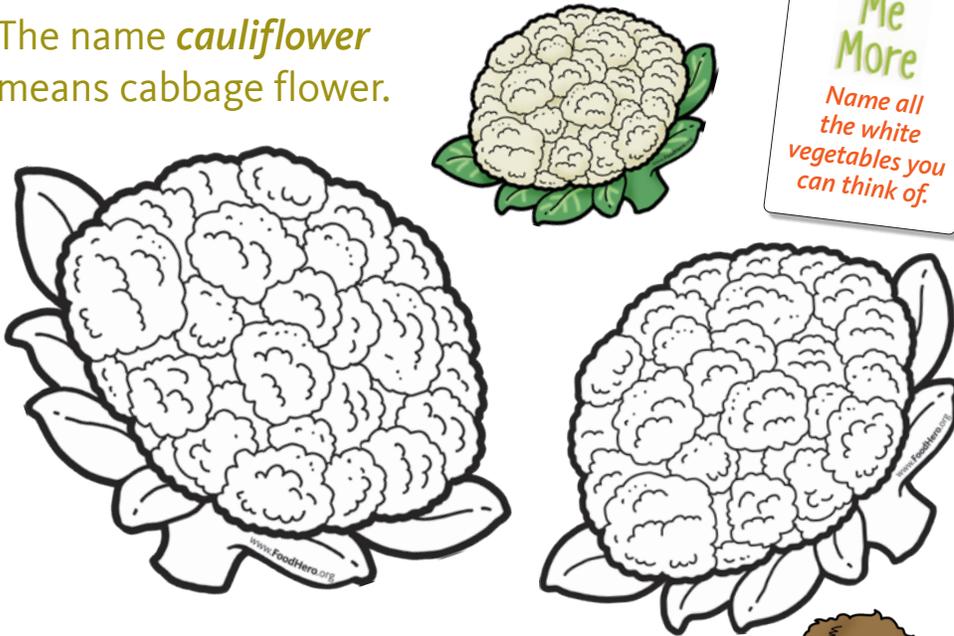




Fun With Cauliflower!



Color in the cauliflowers!
The name *cauliflower* means cabbage flower.



Tell Me More
Name all the white vegetables you can think of.

Baked Cauliflower Tots



Ingredients

- 2 cups grated **cauliflower** (about half a medium head)
- 1 **egg**
- 3 Tablespoons **flour**
- ¼ cup **cheddar cheese**, grated
- ¼ teaspoon **salt**

Instructions

1. Preheat oven to 400 degrees F. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt; mix well.
4. Press mixture together to make about 15 small balls or logs. Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.
6. Refrigerate leftovers within 2 hours.



Take a guess!
How many different colors can cauliflower be?



4—White, Purple, Yellow & Green

Did you know?

Our bodies get vitamin C when we eat cauliflower. Vitamin C helps our bodies fight infection.



Kids Can!



Food Hero Cooking Class Challenge

It's fun to taste food that you helped to make!
You can help by:

- Cleaning the cauliflower by rubbing it under cold running water
- Breaking off the florets



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 SafeNet at 211. USDA is an equal opportunity provider and employer.

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