

Cauliflower



Cauliflower is a cruciferous vegetable, like broccoli. It is usually white but you may also find green, orange, and purple cauliflower.

Used in:

Snacks, side dishes, soups, casseroles, salads, or pizza crust

What does it taste like?

Cauliflower has a slightly nutty and earthy flavor making it a versatile vegetable.

How do I store, save, and freeze it?

Store whole, uncut and unwashed in a loose plastic bag in the refrigerator, preferably crisper drawer for 4-7 days. Precut florets can be stored the same way but should be used within 4 days of purchasing. To freeze: Cut into 1-1.5 inch florets. Blanch in boiling water for 3 minutes. Cool

immediately in an ice bath, drain and pack in freezer safe container/bag. Label and date. Use within 8-12 months. You can also place blanched cauliflower on a tray to freeze first before packaging.

How do I prepare it?

1. Wash cauliflower, then let air dry or pat fully dry. Can soak in salt water to remove insects if desired. Rinse off salt.
2. Pull off leaves, then cut head in half or into quarters.
3. Slice off florets where they meet the stem.
4. Slice larger florets in half if desired.
5. Prepare according to recipe or cooking method being used.



How do I cook it?

Microwave: Place about 2 tablespoons of water in a microwave-safe bowl, add cauliflower, put a lid on the bowl, and microwave on high for about 3 minutes. Cauliflower should be fork tender but not soggy and falling apart.

Stovetop: Cut into small florets and sauté on medium heat with olive oil or butter and desired seasonings until tender when poked with a fork. You can add a bit of water to the pan at the end to help cook the florets.

Seasoning ideas: Savory: basil, dill, garlic, parsley, thyme, chives, lemon, marjoram, oregano, tarragon and thyme, smoked paprika, turmeric, cayenne, or chili powder.

For recipes and tips to save time, save money, and eat healthy, visit:
www.SNAPEdNY.org

Connect with us!



This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Cauliflower from SNAP-Ed NY:



Buffalo Cauliflower Bites



Baked Cauliflower Tots



Roasted Cauliflower



To find these recipes & more on our website.



To find more produce guides on our website.



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

This institution is an equal opportunity provider.