



FULL OF FIBER cauliflower

Naturally found in cauliflower, fiber helps with the digestion and absorption of nutrients while also giving you a feeling of fullness. Cauliflower is also high in vitamin C, which is a powerful antioxidant that plays an important role in the body's immune system.

DID YOU KNOW?



- As its name implies, cauliflower is actually a flower! The part of the plant that we eat is the head of the underdeveloped, tender flower stems and buds.
- As the cauliflower grows, the head of the vegetable is surrounded by heavy, green leaves called "jacket leaves." These protect the head from sunlight so the flower buds stay white.
- Overcooking cauliflower can destroy some of its important nutrients.

WELLNESS TIP

Wake up earlier. Get up 30 minutes earlier than you normally do and use the extra time to walk on a treadmill or take a brisk walk around the neighborhood.

SHOPPING, PREPARING AND STORING



- Cauliflower is typically inexpensive and can be found year-round, fresh or frozen.
- Store raw, uncut and unwashed cauliflower in the crisper drawer of your refrigerator for up to five days.

COOKING TIPS



- Raw cauliflower florets make a delicious, crunchy snack, especially when they are served with a low-fat dip.
- You can save the nutrients that are lost when steaming cauliflower by using the leftover water in a soup.
- Try replacing mashed potatoes with mashed, steamed cauliflower.

MASHED CAULIFLOWER

serves 6

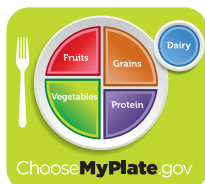


- 1 pound cauliflower florets
- 1 (6-ounce) container plain nonfat Greek yogurt
- 2 tablespoons butter
- 2 cloves garlic, chopped
- Salt and pepper, to taste
- 3 tablespoons parmesan cheese, grated

1. In a medium pot, bring water to a boil.
2. Add cauliflower florets; cook for about 8 minutes or until soft. Remove and drain.
3. Combine the cauliflower with the Greek yogurt, butter, garlic, salt and pepper.
4. Mash together until desired consistency is reached. Top with parmesan cheese.

Recipe adapted from WIC,
Florida Department of Health

Calories: 91; Total Fat: 5 g; Saturated Fat: 3 g;
Total Carbohydrates: 5 g; Protein: 6 g; Sodium: 135 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

LIVING HEALTHY
IN **FLORIDA.COM**



This institution is an equal opportunity provider.

Florida Department of Agriculture and Consumer Services