



recipes and nutrition

Fresh from the Farm! Cauliflower

Keep your eyes out for cauliflower in the fresh produce section in the coming months. This beautiful winter vegetable is high in vitamin C, calcium and folic acid; it's also a great antioxidant, which is why it is recommended by all nutritionists as a prevention against cancer. Believe it or not, it has few calories (only 25 per 100 g) and helps you stay full longer, both qualities that make it appealing for those who follow low-calorie diets, or just normal wellness diets – especially for those who are not able to very active in their daily life.

CHOOSING A CAULIFLOWER: The cauliflower should be firm, heavy for its size with densely packed florets. The leaves should be fresh and bright green.

STORING FRESH CAULIFLOWER: Store in refrigerator vegetable drawer for 4 to 7 days.

CUTTING CAULIFLOWER:

Using a sharp knife, slice cauliflower in quarters, Slice the core off of each piece. Break the large florets off the core with your fingers. Use a knife to slice the large pieces into smaller florets, roughly the same size.

ROASTING CAULIFLOWER IN THE OVEN

1. Preheat oven: Preheat the oven to 425 degrees F. A very hot oven cooks the cauliflower quickly and the hot surface area of the pan caramelizes the natural sugars for a wonderfully nutty flavor and crispy tops.
2. Prepare baking sheet: Line a baking sheet with foil or parchment paper for easy cleanup but you can also add the cauliflower directly to the baking sheet.
3. Spread in an even layer: Spread the cauliflower in an evenly layer on a baking sheet so they are not touching. This ensures the florets will cook evenly. Toss the cauliflower with oil and add seasoning.
4. Roast: Roast cauliflower for 25-30 minutes or until the cauliflower is tender and the tips are slightly charred.
5. Flip cauliflower: Flipping your cauliflower halfway through is optional, it promotes even cooking. If you skip flipping, then one side will get extra crispy.



Seasoning Ideas:

Curry: 1 teaspoon curry powder

Parmesan

Lemon

Cheesy: Your favorite cheese.

Herb: Use your favorite herb, like Italian seasoning, chili powder, turmeric, Chinese 5 spice, smoked paprika, ground cumin.



FROM THE PANTRY:

Lemon Parmesan Roasted Cauliflower

Head of cauliflower, cut into florets

½ cup olive oil

3 cloves garlic, finely minced

Juice of one lemon

Salt and pepper, to taste

½ cup grated Parmesan cheese

Preheat the oven. Place the cut cauliflower on the pan (with or without foil on the pan), then drizzle the olive oil on the cauliflower and toss with the garlic. Spread the cauliflower on the pan so that the florets do not touch. Roast the cauliflower for 25-30 minutes (checking until the cauliflower is tender.) Once the cauliflower is roasted,

season with salt + pepper, lemon juice and Parmesan. Place the pan under the broiler and melt the cheese. Sources: Carlsbad Cravings Website and adapted from Hugh Carpenter's "Fusin Food Cookbook", Addicted to Asparagus.

