

Cauliflower



Cauliflower Facts

- Cauliflower is a cruciferous vegetable. *(Cruciferous vegetables such as cabbage, broccoli, kohlrabi and Brussel sprouts contain certain nutrients that contribute to the reduction of cancer.)*
- Cauliflower's closest relative is broccoli.
- A lack of exposure to sunlight does not allow chlorophyll, which is the color-producing component of cauliflower to develop and therefore, the head remains white.
- Cauliflower is a compact head of undeveloped white flower buds.
- The compact head of the cauliflower is also called the "curd".
- There are several types of cauliflower. *(It comes in white, yellow, purple and green.)*
- A half cup of cauliflower provides 100% of your daily recommended vitamin C. *(Vitamin C is needed by the body to form collagen in bones, cartilage, muscle, and blood vessels, and aids in the absorption of iron.)*
- You can eat cauliflower raw or cooked. *(Cauliflower can be steamed, boiled, roasted, mashed or grilled. It also can be made into a soup.)*
- Cauliflower "rice" can be made by taking the florets (sections of the cauliflower) and pulsing them through a food processor until it resembles the consistency of rice. Sauté in olive oil and salt and pepper.

