



## On the Menu

# Cauliflower

Cauliflower is a cruciferous vegetable, kin to broccoli, cabbage and kale. In fact, if you trace cauliflower back to its origins, it resembled kale or collards more than the vegetable we now see. With its impressive health benefits this versatile veggie is one major exception to the rule of avoiding white foods. One cup of chopped raw cauliflower contains 2 grams of protein, 77% of your daily Vitamin C needs, 20% of your daily Vitamin K needs and many other beneficial nutrients – all for a mere 27 calories. Cauliflower’s unique nutrient profile includes high amounts of sulforaphane and indole-3-carbinol. It is these two phytochemicals that really give cauliflower a nutritional edge, offering strong protection against cancer and inflammation. They prevent enzymes from activating cancer-causing agents, and they increase the body’s production of beneficial enzymes that help clear out carcinogens before major cellular damage is done.

## Cauliflower Rice

Cauliflower rice can be used as a substitution for rice or mixed with rice or quinoa as a way to sneak in an extra serving of veggies along with your starch. It takes well to any seasoning.

### Ingredients:

- Cauliflower
- Olive oil, coconut oil or butter
- Seasoning of choice

### Directions:

1. Cut the leaves from your cauliflower, and then cut the head into chunks.
2. Place the cauliflower in your food processor and chop it, using the pulse setting until it resembles rice. If your food processor has a shredding attachment, this also works very well. If you would like to make a smaller portion or don’t have a food processor, you may use a hand-held cheese grater to shred your cauliflower.

Cauliflower has recently been getting a lot of attention – from professional chefs to food bloggers to home cooks – due to its mild flavor and many uses. You’ve likely seen whipped cauliflower popping up at restaurants or heard of folks using cauliflower crust as a healthy alternative to pizza crust. Shredded cauliflower or “cauliflower rice” is a great way to sneak some extra nutrition into your favorite recipes.

### Keep It Fresh

Select cauliflower void of any dull coloring or dark spots. Heads surrounded by many thick green leaves are better protected and will be fresher. Size is not related to quality, so simply select the size that suits your needs. Store uncooked cauliflower in the refrigerator in a paper or plastic bag, stem side down for about one week. Cooked cauliflower will spoil more quickly, so it’s best to consume within three days after cooking.

3. Heat oil or butter in a pan over medium heat, using about 1 tablespoon per 2 cups of cauliflower rice. Sauté for 3 to 5 minutes and enjoy. (Be cautious not to overcook it or it may lose its rice-like shape and become mushy.)

### Nutrition Info

Per Serving (½ cup serving)

<b>Calories</b>	43
<b>Carbohydrates</b>	2.6g
Fiber	1.2g
<b>Protein</b>	1g
<b>Sodium</b>	15mg

