



TRY THIS: CAULIFLOWER

Did you know: Cauliflower is an incredibly easy vegetable to incorporate into your diet? One ½ cup serving of this complex carbohydrate contains only 15 calories, 1 gram of fiber, and delivers over 40% of your daily value of vitamin C. It can be found in green, white, orange and purple varieties, all with slightly different taste variations.

HOW TO:

Pick it: No matter which color you pick, choose a cauliflower head that is dense and heavy, with leaves surrounding it that are fresh and green, not wilted. Avoid cauliflower that has dark spots or mildew.

Store it: Don't wash until you are ready to use. Store in the refrigerator for up to a week in a perforated plastic bag.

Use it: Wash under cool water to remove any dirt or debris just before preparing. Remove stem and leaves, cutting into florets. Enjoy it raw with your favorite dip or in a salad or cook, but only just until tender to preserve flavor and texture. Most recommended ways to prepare cauliflower include: sautee, use in soups or stir-frys, roast in the oven, or enjoy raw.



When it's in season: August through November

CRUNCHY CAULIFLOWER BITES

Servings: 4

Ingredients:

- 4 c. fresh cauliflower florets (1/2 of head)
- 2 c. breadcrumbs, Italian flavored
- ½ c. grated parmesan cheese
- 1 tsp. garlic powder
- 2 eggs
- Non-stick spray or olive oil
- Maranara for dipping

Directions:

1. Preheat oven to 400 degrees.
2. Combine breadcrumbs, cheese, and garlic powder.
3. Beat eggs then dip cauliflower pieces in eggs. Next roll cauliflower in the breadcrumb mixture.
4. Place on a non-stick baking sheet. Lightly drizzle with olive oil or spritz with non-stick spray.
5. Bake 15-20 minutes, turning them halfway through

SWEET STIR FRY

Servings: 4-6. Ingredients:

- ¼ c. each low-sodium soy sauce and water
- ½ tsp. garlic powder
- ¼ tsp. cracked red pepper
- 1 tablespoon honey
- 1 tablespoon cornstarch
- 1 ½ tablespoon canola oil
- 1 lb. boneless chicken breast, cut into 1-inch cubes
- 1 small onion, thinly sliced
- 1 c. carrots thinly sliced on the diagonal
- 1 c. small broccoli florets
- 1 c. small cauliflower florets
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 15oz. can of pineapple chunks in juice, drained

Directions:

1. Mix soy sauce, garlic powder, water, cracked pepper, honey, and cornstarch in a bowl; set aside.
2. Heat oil in a wok or large skillet. Add chicken; cook about 5-6 minutes, then push chicken to side.
3. Add onions to center of skillet; cook until slightly tender and push to side.
4. Continue with carrots, peppers, broccoli, and cauliflower separately, placing each in center of pan, cooking until slightly tender and pushing to the side.
5. Pour soy sauce mixture into center of skillet. Stir sauce until it thickens.
6. Once sauce is thickened in the pan, add the pineapple chunks, stir and allow to cook a few more minutes until heated through.