

Cauliflower



About Cauliflower

- Cauliflower leaves are edible, but have a stronger taste than the florets.
- Steaming and blanching are the best methods to preserve the most flavor and nutrition.
- Cauliflower is not only white, but can be found green, orange or purple.

Selecting and Storing

- Cauliflower lasts best when it's left largely intact, and kept cold and moist. Put a dampened sheet of paper towel in the bottom of the bag to provide humidity, then stand the head upright on its stem so moisture can't pool inside the florets.

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Roasted Garlic Mashed "Potatoes"

Makes: 5 servings (1/2 cup)

Ingredients

- 1 bulb of garlic
- 2 teaspoons olive oil
- 1 head of cauliflower
- 1/2 cup 2% milk
- 1 tablespoon butter, melted
- 1/4 cup plain, nonfat Greek yogurt
- 1/4 cup green onions, chopped
- 1/4 teaspoon salt
- Pepper to taste

Instructions

1. Preheat oven to 400°F
2. Slice off the top of the garlic bulb, drizzle with 1 teaspoon olive oil and wrap the bulb in foil.
3. Chop cauliflower into florets. Spread out on baking sheet in an even layer. Drizzle with remaining 1 teaspoon olive oil and toss to coat.
4. Roast cauliflower and garlic bulb for about 35 minutes, stirring cauliflower halfway through cooking.
5. Allow cauliflower to cool slightly. Remove garlic cloves from bulb.
6. Blend and mash together roasted garlic, cauliflower, milk, yogurt, melted butter, salt and pepper until smooth and mashed-potato like. Season with salt and pepper to taste.
7. Fold in chopped green onions and serve.

Source: hummusapien.com/roasted-garlic-mashed-cauliflower-potatoes

Nutrition Facts

servings per container
Serving size (163g)

Amount per serving
Calories 90

% Daily Value*

Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	

Cholesterol 10mg	3%
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Sodium 190mg	8%
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Total Carbohydrate 8g	3%
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Dietary Fiber 2g	7%
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Total Sugars 4g	
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Includes 0g Added Sugars	0%
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Protein 4g	
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Vitamin D 0mcg	0%
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Calcium 68mg	6%
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Iron 1mg	6%
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Potassium 402mg	8%
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*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Analyzed using EHSA Food Processor; version 11.4

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