

# FRUIT/VEGETABLE OF THE MONTH!

## APRIL'S FEATURED VEGGIE IS CAULIFLOWER

### CAULIFLOWER FACTS:

Cauliflower is a cruciferous vegetable that looks like a white version of its cousin, broccoli. Like broccoli, the tightly bunched florets of cauliflower are connected by a thick core, often with a few light leaves surrounding it.

While white is the most common color, you'll also find cauliflower in shades of orange, purple, and green. No matter the color, the taste is the same: mild, slightly sweet, a little nutty.

Originally from the Mediterranean region, it is a type of wild cabbage that is also the ancestor of kale and brussels sprouts.

### HEALTH BENEFITS OF EATING CAULIFLOWER

- High in fiber and water, helps prevent constipation, promotes regularity, and can help maintain a healthy digestive tract
- May help reduce high blood pressure, lowering the risk of heart disease
- May lower the risk of developing various types of cancer
- May help achieve better levels of blood sugar, lipids, and insulin
- High in choline, may lower the risk of liver and heart disease in addition to dementia and Alzheimer's disease
- Excellent source of vitamin C which acts as an antioxidant,
- May aid in weight loss

### WAYS TO ENJOY CAULIFLOWER:

Cauliflower has exploded in popularity recently. It can be steamed, roasted, pureed, mashed, and grated. Cauliflower has made its way into everything from pizza crust to hot cereal, and also replacing rice in grainless bowls, stir-fries, sushi, and more. Even desserts and sweet treats like cauliflower brownies and smoothies.

### ROASTED GARLIC CAULIFLOWER:

Servings: 6 | Total time: 40 min

#### Ingredients

- 1 large head cauliflower, cut into florets
- 3 tablespoons olive oil
- salt and black pepper to taste
- 2 tablespoons minced garlic
- $\frac{1}{3}$  cup grated Parmesan cheese, *optional*
- 1 tablespoon chopped fresh parsley, *optional*

#### Directions

1. Preheat the oven to 450 degrees F
2. Grease a large casserole dish.
3. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix.
4. Pour into the prepared casserole dish, and season with salt and pepper to taste.
5. Bake for 25 minutes, stirring halfway through.
6. Top with Parmesan cheese and parsley, *optional*
7. Broil for 3 to 5 minutes, until golden brown

