


Fruit & Vege Co-op



Cauliflower

STORAGE	PREPARATION
In the vegetable section of the fridge.	<ul style="list-style-type: none">- Break the cauliflower into florets.- Rinse well in cold water and drain.
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none">- Roast cauliflower brushed with a small amount of oil and spices such as cumin and nutmeg.- Sprinkle a little grated cheese (low fat) over cooked cauliflower.- Add a tin of flavoured chopped tomatoes (Moroccan or Indian) and serve with rice.- Add ½ head of broccoli with the cauliflower or add additional vegetables such as peas or silverbeet.	<ul style="list-style-type: none">- Add cauliflower to stir-fry's, soups, casseroles or pasta bakes such as macaroni cheese.- Use as a raw vegetable dipper with hummus and other low fat dips.- Chop finely and add to pasta sauce or mince.
COOKING	
<ul style="list-style-type: none">- Boil in lightly salted water, covered for about 4 minutes, until just tender and slightly crunchy.- Steam over boiling water for about 4 minutes.- Microwave in a covered container with a little water (2 Tbsp) on high for 2 minutes. Roast cauliflower florets in the oven brushed with a small amount of oil for 20 minutes or until golden brown.	
RECIPE: Cauliflower Pasta Bake (Serves 4)	
<p>1 head of cauliflower, cut into small florets 125g pasta (any type, penne works well) 3 cups low fat milk 1 Tbsp margarine 1 onion, chopped 1 Tbsp plain flour 1 ½ cups grated low fat cheese (Edam) ½ cup breadcrumbs Salt and pepper to taste</p>	
<ol style="list-style-type: none">1. Preheat oven to 200 degrees.2. Boil cauliflower in a saucepan and drain well.3. Cook pasta in a large pot of boiling water according to packet directions. Drain and set aside.4. Heat the margarine in a saucepan. Add onion and cook for 2 minutes until softened.5. Reduce heat to low and add the flour. Cook for about 3 minutes until flour is blended and becomes pale golden in colour.6. Over a medium heat slowly add the milk, stirring constantly until mixture has thickened (about 10 min).7. Take saucepan off the heat and stir in 1 cup grated cheese until melted, season with salt and pepper. Add fresh or dried herbs such as thyme or parsley to the sauce if desired.8. Mix the cauliflower and pasta into the cheese sauce. (Add ham or cooked chicken to the mixture if desired.)9. Spoon into an ovenproof baking dish, scatter over breadcrumbs and a little more grated cheese.10. Bake for 10 min until crumbs are golden brown.	

All recipes are available on our website by visiting www.rph.org.nz > Nutrition > Fruit and Vege Co-op