Fruit & Vege Co-op

Cauliflower

STORAGE	PREPARATION
In the vegetable section of the fridge.	- Break the cauliflower into florets. - Rinse well in cold water and drain.

ADD FLAVOUR	VEGE UP
- 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.	- 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

- 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: Easy Broccoli and Cauliflower Cheese (Serves 4)

1 head of cauliflower
1 head of broccoli
½ cup unsweetened yoghurt or sour cream
1 cup grated cheese
1 tsp mustard
2 Tbsp breadcrumbs

1. Break off all the cauliflower and broccoli florets (small heads) and boil in lightly salted water for 8 minutes.
2. Drain and put into an oven proof dish.
3. Mix the yoghurt/sour cream, cheese and mustard together.
4. Spoon over the cauliflower and broccoli and sprinkle with breadcrumbs.
5. Place under the grill for about 5 minutes until the top is golden. Serve hot.

Variations
- Serve with freshly sliced tomatoes lightly sprinkled with salt and pepper
- Serve with baked chicken drumsticks
- To make a more complete meal add halved boiled eggs before adding the yoghurt and cheese mix
- Serve with your favourite pan fried fresh fish!

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

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