



MyPlate suggests
making half your plate
fruits and vegetables.

<http://www.choosemyplate.gov/>

Cauliflower

Did you know?

Cauliflower is in season from February to May and again from August to December.

One serving of cauliflower contains only 15 calories and 40 percent of your daily Vitamin C!

Cauliflower contains phytochemicals that may help reduce the risk of cancers.

Fun Fact!

Cauliflower originated more than 2,000 years ago in the gardens of Asia Minor and the Mediterranean.

FIGHTBAC!

Clean: Wash hands
and Surfaces Often

Separate: Don't
Cross-Contaminate

Cook: Cook to Proper
Temperatures

Chill: Refrigerate
Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for cauliflower that is white or creamy in color with a compact, solid head.
- Keep cauliflower dry. Don't wash until ready to eat.
- Bagged cauliflower can be stored for up to one week in a plastic bag in the refrigerator.
- Avoid cauliflower that is wilted or shows bruising.

Roasted Cauliflower with Paprika

1 head cauliflower, cored and broken into small florets

2 tablespoons olive oil

1 1/2 teaspoons paprika

Coarse salt and ground pepper

Preheat oven to 450 degrees. Line a rimmed baking sheet with aluminum foil. Spread cauliflower on foil. Sprinkle with oil and paprika; toss to coat. Season with salt and pepper. Roast until tender and lightly browned, 20 to 25 minutes, tossing once.

Preparation Time: 10 minutes

Cook Time: 25 minutes

Serves: 4

Nutrition Facts:

Calories: 74

Total Fat: 7 g

Cholesterol: 0 g

Sodium: 20 mg

Total Carbohydrate: 4 g

Protein: 1.4 g

<http://healthyliving.tamu.edu/recipes>

Find these fruits and vegetables in the word search below

**Swiss Chard
Grape Tomato**

**Sugar Snap Pea
New Potato**

**Bell Pepper
Summer Squash**

A	C	E	D	S	R	T	D	N	P	L	E	Y
R	I	P	B	E	L	L	P	E	P	P	E	R
N	W	Z	C	O	D	M	M	E	T	L	O	C
S	X	W	B	T	S	W	O	L	E	R	V	M
U	U	A	D	Z	B	U	N	I	M	K	L	O
M	I	G	R	A	P	E	T	O	M	A	T	O
M	G	R	A	T	Y	F	B	J	Q	O	E	L
E	R	C	H	R	V	Z	M	U	E	T	R	S
R	E	P	C	L	S	F	R	E	B	A	A	D
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Q	P	U	S	N	V	G	A	R	T	O	T	X
A	L	R	I	F	B	E	B	P	Z	P	A	V
S	W	O	W	X	V	R	T	H	I	W	A	W
H	I	C	S	D	T	R	S	L	H	E	A	Q
F	U	Y	S	Z	V	B	T	H	F	N	A	Z