

Taste Test: Cauliflower



Cauliflower is a white vegetable that is a part of the cabbage family, a group called *cruciferous* vegetables. The cauliflower vegetable is made up of little flower buds attached by small stems on a larger stalk that makes it look like a tree. Raw cauliflower is firm but spongy in texture. Nova Scotia produces about 100 hectares of cauliflower each year.¹

Food Fact

Cauliflower is high in vitamin C and a source of various nutrients including vitamin K, vitamin B₆ and folate.

How to Choose:

- Choose cauliflower that is creamy white.
- Ensure that the flower buds are free from brown spots.
- Cauliflower heads surrounded in large, green leaves are better protected and taste fresher.

How to Prepare:

- Rinse the cauliflower under cold water.
- The healthiest way to eat cauliflower is by lightly steaming it because this keeps the maximum amount of nutrients intact. Cut the cauliflower into small stems, fill a pot with 2 inches of water, bring water to a boil, and place cauliflower on a steamer basket for about 5 minutes.
- Or, cut off the leaves surrounding the cauliflower, then slice the flower buds at the base where they meet the stalk. Enjoy it fresh!

How to Store:

- Store cauliflower in a plastic bag with all the air removed for up to 1 week in the refrigerator.
- Do not wash the cauliflower before storing.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try cauliflower again?

YES NO

Ideas for Serving Cauliflower:

- After steaming the cauliflower, add it to your favourite pasta recipe.
- Puree cooked cauliflower and broccoli together and combine with seasonings and milk to make a simple soup.
- Add chopped cauliflower florets to your favourite omelet recipe.

Easy Cauliflower Cheddar Soup

Makes 6-8 servings

Ingredients:

- | | |
|-------------------------------------------------------|-----------------------------------------------------------|
| <input type="checkbox"/> 9 cups chopped cauliflower | <input type="checkbox"/> 1 cup water |
| <input type="checkbox"/> 2 stalks celery, diced | <input type="checkbox"/> 2 Tbsp all-purpose flour |
| <input type="checkbox"/> 1 onion, chopped | <input type="checkbox"/> 2 ½ cups milk |
| <input type="checkbox"/> 3 potatoes, peeled and diced | <input type="checkbox"/> A pinch of ground nutmeg |
| <input type="checkbox"/> 2 tsp minced garlic cloves | <input type="checkbox"/> 1 ½ cups shredded cheddar cheese |
| <input type="checkbox"/> Pepper to taste | |
| <input type="checkbox"/> 2 cups chicken broth | |



Directions:

1. In a large pot, combine cauliflower, celery, onion, potatoes, garlic, pepper to taste, chicken broth and water; cover and bring to a boil over high heat. Reduce heat to medium-low, cover and boil gently for 15 to 20 min or until vegetables are soft.
2. Whisk flour into milk; pour into the pot with nutmeg to taste. Cook, stirring, for about 3 min or until slightly thickened. Remove from heat.
3. Using an immersion blender or transferring in batches to an upright blender, purée until smooth.
4. Return to pot, if necessary. Heat over medium heat, stirring often, for about 5 min or until bubbling. Remove from heat and stir in 1 cup of the cheese until melted. Season with pepper and up to 1/4 tsp salt. Ladle into warm bowls and sprinkle with remaining cheese.

Recipe adapted from

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/easy-cauliflower-cheddar-soup>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.