

# CAULIFLOWER



## HOW TO USE

Steam cauliflower pieces with other vegetables, then sprinkle them with a small amount of salt and lemon juice; Slice it thinly (like potato chips), coat them in a small amount of oil and salt, and roast them in the oven, flipping them once.

## HOW TO STORE

Keep it in an open plastic bag in the refrigerator for up to 5 days.

## HELPS SUPPORT

Heart health, immune system, and vision.

## MASHED CAULIFLOWER

Servings: 4

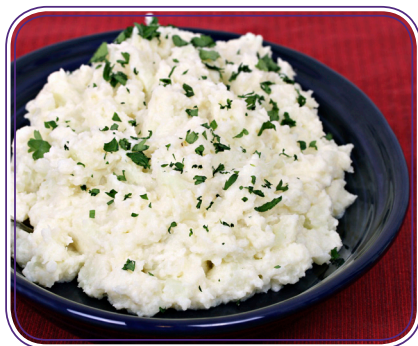
Preparation Time: 25 Minutes

Note: *You can substitute potatoes for more cauliflower*

## INGREDIENTS

- 3 cups cauliflower florets
- 2 potatoes, cut into chunks
- 1/2 cup shredded reduced-fat cheddar cheese
- 2/3 cup low fat milk\*
- 1 pinch salt and pepper

\* You can substitute nonfat dried milk (NFDM): mix 2/3 cup water with 1/4 cup NFDM



*Photo: Share Our Strength*

## INSTRUCTIONS

1. In a large pot, boil 4 cups of water.
2. Add the potatoes and cook them for 10 minutes.
3. Add the cauliflower and cook it for 5 more minutes or until you can easily cut through them with a knife. Then drain the water.
4. In a large mixing bowl, add potatoes, cauliflower, and grated cheese. Mash with a fork until well blended.
5. Add milk, salt, pepper and garlic powder. Mix well.

*Adapted from Just Say Yes to Fruits and Vegetables and USDA SNAP-Ed*