

CAULIFLOWER



HOW TO USE

Cut it into small pieces, bake the pieces in the oven, then sprinkle them with low fat cheese for a tasty snack or side dish; Chop it up and mix it into a green salad for some crunch; Add cooked cauliflower pieces to your favorite pizza.

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.

SPANISH CAULIFLOWER

Servings: 6

Preparation Time: 1 hour

INGREDIENTS

- 1 large head pf cauliflower
 - 1 medium onion
 - 1 large tomato
 - 2 tablespoons of oil
 - 2-3 cloves of fresh garlic, chopped finely
- Optional
- 1 cup grated low-fat cheese
 - 1 tablespoon dried parsley



Photo: USDA SNAP-Ed Connection Recipe Finder; Pennsylvania Nutrition Education Network Website

INSTRUCTIONS

1. Preheat the oven to 375 degrees Fahrenheit.
2. Wash the fresh vegetables, and then chop the cauliflower into 2-inch pieces.
3. Peel the onion and dice it into ½-inch pieces.
4. In a large bowl, mix the cauliflower, onion, oil, and salt. Put the mixed ingredients on a baking sheet, and bake them in the oven for 40 minutes.
5. While the cauliflower and onions are in the oven, dice the tomatoes. Once the vegetables have been in the oven for 30 minutes, add the diced tomatoes and cook them for the remaining 10 minutes.
6. Take the vegetables out of the oven and top with the cheese and parsley (optional).

Adapted from the USDA SNAP-Ed Connection Recipe Finder; Pennsylvania Nutrition Education Network Website Recipes