



FULL OF FIBER

cauliflower

Naturally found in cauliflower, fiber helps with digestion and absorption of nutrients while also giving you a feeling of fullness. Cauliflower is high in vitamin C, which is a powerful antioxidant and plays an important role in the body's immune system.

Meet your fruit and veggie goal! Half of a cup of cooked cauliflower equals one serving of your daily vegetables. Aim for five servings of fruits and vegetables each day. Eating more fruits and vegetables can help lower high blood pressure.

Did you know?

- Raw cauliflower florets make a delicious, crunchy snack, especially served with a low-fat dip.
- As its name implies, cauliflower is actually a flower! The part of the plant that we eat is the head of the underdeveloped, tender flower stems and buds.
- As the cauliflower grows, the head of the vegetable is surrounded by heavy, green leaves called “jacket leaves.” These protect the head from sunlight so the flower buds stay white.

Cauliflower didn't appear as a commercial crop in the United States until the early 1900s!

Shopping, Preparing and Storing

- Cauliflower is typically inexpensive and can be found year-round, fresh or frozen.
- Store raw, uncut and unwashed cauliflower in the crisper drawer of your refrigerator for up to five days.

Cooking Tips

- Overcooking cauliflower can destroy some of its important vitamins and nutrients. Steam over a small amount of boiling water for approximately five minutes or until a fork can just barely pierce it.
- Did you know you can replace mashed potatoes with mashed, steamed cauliflower?
- You can save the nutrients that are lost when steaming cauliflower by using the leftover water in a soup.

MASHED CAULIFLOWER

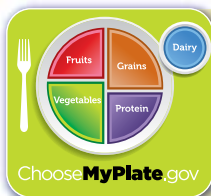
1 pound cauliflower florets
6-ounce container of plain, low-fat Greek yogurt
2 tablespoons butter
2 cloves garlic, chopped
Salt and pepper to taste
3 tablespoons parmesan cheese, grated



1. In a medium pot, bring water to boil.
2. Add cauliflower florets; cook for about 8 minutes or until soft. Remove and drain.
3. Combine the cauliflower with the Greek yogurt, butter, garlic, salt and pepper.
4. Mash together until desired consistency is reached. Top with parmesan cheese.



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FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.