



## Cauliflower, Fresh

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of raw cauliflower counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Cauliflower is an important source of many nutrients, including vitamin C. Vitamin C helps to boost the immune system.

### Uses and Tips

- Fresh cauliflower does not need to be cooked or heated. Gently rub produce while holding under plain running water to remove any visible debris.
- Mashed cauliflower is a delicious and surprisingly creamy side dish. Simply steam or boil until tender, mash, and season with salt and pepper. Try adding a bit of sour cream, parmesan cheese, or butter for a more flavorful creamy texture.
- Use a box grater or a food processor to shred cauliflower to make cauliflower “rice”. You can cook your cauliflower “rice” in a little bit of oil, or steam it to soften, and season as desired. Eat alone or use it as a replacement for rice in recipes.
- Add cauliflower to salads for a delicious crunch.

### Storing Foods at Home

- Do not wash cauliflower until ready to eat.
- Cauliflower should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

### MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Cauliflower Tots

Makes 4 servings

#### Ingredients:

2 cups grated cauliflower (about half a medium head)  
1 egg  
3 tablespoons flour  
¼ cup low-fat cheddar cheese, shredded  
¼ teaspoon salt

**Directions:** Wash hands with soap and water.

1. Preheat oven to 400 degrees F. Spray a baking sheet or line with parchment paper or foil.
2. Grate cauliflower on large holes of a grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt. Mix well.
4. Press mixture together to make about 15 small balls or logs. Place on the baking sheet with space between each ball or log.
5. Bake for 20 minutes or until cooked through. For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.

Recipe adapted from FoodHero.org

### Crunchy Rainbow Salad

Makes 6 servings

#### Ingredients:

2 cups purple cabbage, shredded  
2 cups broccoli, diced  
2 cups cauliflower, diced  
½ red onion, diced

#### Dressing:

1 cup low-fat mayonnaise  
¼ cup white vinegar  
2 tablespoons honey

**Directions:** Wash hands with soap and water.

1. Combine cabbage, broccoli, cauliflower, and onion in a large bowl.
2. Combine mayonnaise, vinegar, and honey in a small mixing bowl, whisk together.
3. Pour dressing over salad and toss.
4. For best results, refrigerate 30 minutes prior to serving.

Recipe adapted from Second Kitchen Harvest