



## COOKING WITH

# CAULIFLOWER

### ABOUT CAULIFLOWER

- Cauliflower leaves are edible, but have a stronger taste than the florets.
- Steaming and blanching are the best methods to preserve the most flavor and nutrition.
- You almost never want to boil cauliflower because it ruins flavor and texture.
- Cauliflower is not only white, but can be found green, orange or purple.
- Most think that purple cauliflower has the most flavor.

### EXTENDING THE SHELF LIFE OF CAULIFLOWER

- Cauliflower lasts best when it's left largely intact, and kept cold and moist. Put a dampened sheet of paper towel in the bottom of the bag to provide humidity, then stand the head upright on its stem so moisture can't pool inside the florets.

## ROASTED GARLIC MASHED 'POTATOES'

SOURCE: [hummusapien.com/roasted-garlic-mashed-cauliflower-potatoes](http://hummusapien.com/roasted-garlic-mashed-cauliflower-potatoes)

### INGREDIENTS

- 1 bulb of garlic
- 2 teaspoons olive oil
- 1 head of cauliflower
- ½ cup milk of choice
- 1 tablespoon butter, melted
- A heaping ¼ cup plain Greek yogurt
- ¼ green onions, chopped
- ½ teaspoon salt
- pepper to taste

### INSTRUCTIONS

1. Pre-heat oven to 400 degrees.
2. Slice off the top of the garlic bulb and wrap bulb in foil. Drizzle with 1 teaspoon olive oil.
3. Chop cauliflower into florets. Spread out on baking sheet in an even layer. Drizzle with remaining 1 teaspoon olive oil and toss to coat.
4. Roast cauliflower and garlic bulb for about 35 minutes, stirring cauliflower halfway through cooking.
5. Allow cauliflower to cool slightly. Remove garlic cloves from bulb (they should be soft and very easy to remove from skin).
6. Blend and mash together roasted garlic, cauliflower, milk, yogurt, melted butter, salt and pepper until smooth and mashed potato-like. Season with more salt and pepper to taste.
7. Fold in chopped green onions and serve.

## Nutrition Facts

### Amount Per Serving

**Calories** 134    Serving Size: 1 cup

% **Daily Value\***

**Total Fat** 6g

Saturated Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 3g

Trans Fat 0g

**Cholesterol** 5mg

**Sodium** 150mg

**Potassium** 645mg

**Total Carbohydrates** 18g

Dietary Fiber 6g

Sugars 5g

**Protein** 9g

Vitamin A 22%

Vitamin C 80%

Calcium 12%

Iron 11%

\*Based on a 2,000 calorie diet



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