

Cauliflower

Health Benefits

- Contains nearly all essential vitamins and minerals that your body needs.
- Contains nutrients that may protect against cancer and other chronic diseases.

Storage

In the refrigerator. May also be frozen and used at a later date.

Preparation

Remove leaves and rinse in water. Cut off florets and eat raw, boiled, steamed or grilled.



Grilled Cauliflower

Ingredients:

Cauliflower

Oil

Salt and pepper, or seasoning
of your choice.



Directions:

1. Pre-heat oven to 425°F. Slice cauliflower lengthwise to make about three slices. Keep all the florets that fall off.
2. Place slices and florets on a baking sheet, sprinkle the tops with oil and seasoning.
3. Put in oven for 15 minutes then take out, flip over, oil and season the other side. Bake for another 15 minutes.

Servings: 3

*Recipe adapted from Healthy Recipes Blog