



## Kentucky Cauliflower

**Season:** June, September, October, and early November.

**Nutrition Facts:** Cauliflower is low in calories (only 25 calories per ½-cup serving). It is very low in sodium and has no fat or cholesterol. A serving provides 10 percent of the Daily Recommended Value of folate, 8 percent of dietary fiber and potassium, and 100 percent of the recommended amount of vitamin C.

**Selection:** Heads should be creamy white, firm, and heavy. Look for tight, unblemished curd and fresh-looking leaves and stalk.

**Storage:** Cauliflower may be stored for up to one week in a plastic bag in the refrigerator. Keep it dry and do not wash it until you are ready to use. Any brownish-colored bruises may be trimmed away before cooking.

**Preparation:** Cauliflower is best eaten raw or cooked barely tender and snowy white. It can be delicious, or it can be strong, mushy, and beige in color if cooked for too long.

Remove green stalks. Wash and soak, head down, in cold, salted water for 30 minutes. Leave the head whole or break into flowerets. Steam in a covered pan until tender.

*Freezing:* Break flowerets into pieces about 1 inch across. Wash and blanch 3 minutes in boiling water. Chill and drain. Label and date the package and freeze immediately. Use all frozen produce within a year.

## Cheese Cauliflower

- 1 medium head cauliflower
- 1 cup shredded cheddar cheese
- 1 cup shredded Swiss cheese
- ½ cup grated Parmesan cheese
- ½ cup bread crumbs

Wash the head and remove the core and leaves. Cook whole head covered over medium heat in 1 inch of water for 10 to 15 minutes or until tender. Drain and sprinkle with the cheeses and top with bread crumbs. Place under broiler for 3 to 5 minutes until golden brown. Serve in a pie-shaped wedge.

Yield: 8 ½-cup servings.

*Nutritional Analysis (per ½-cup serving): 180 calories, 12 g protein, 2 g fiber, 9 g carbohydrate, 11 g fat, 30 mg cholesterol, 320 mg sodium.*

Prepared by Sarah Ball Brandl, Family and Consumer Sciences, Limited Resource Audience Coordinator.

References: <[www.wvu.edu/~agexten/hortcult/homegrad/cauliflwr](http://www.wvu.edu/~agexten/hortcult/homegrad/cauliflwr)>.

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For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <[www.ca.uky.edu/agcollege/fcs](http://www.ca.uky.edu/agcollege/fcs)>.