



Cauliflower

3 Prep and cooking tips

- Once ready to use, thoroughly wash cauliflower under running water.
- Cooked cauliflower can be a great side dish after being chopped, tossed in olive oil and fresh herbs, and roasted in the oven or air fryer.
- To quickly cook cauliflower, place in a microwave-safe dish, fill halfway with water, microwave on high for 4 minutes and drain.

2 Shopping and storage

- Cauliflower heads can be found in various sizes, but this does not affect the quality or taste. White cauliflower is usually more common, however there are also green and purple cauliflower.
- Cauliflower can be stored raw in the refrigerator and will keep fresh for three to five days.

1 Nutrition Fact:

- Cauliflower is rich in vitamin C which helps support the body's immune system, and is essential for the growth and repair of body tissues.

Go!

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