

# Pick a **better snack**<sup>™</sup> – THE COLOR WAY

## CAULIFLOWER

*Wash. Break. Eat. How easy is that?*



Cauliflower may be purchased fresh or frozen. Fresh cauliflower should have creamy white, compact curds with bright green, fresh, and firmly attached leaves. Green cauliflower should exhibit a lime green, compact curd. Cauliflower is an excellent source of vitamin C, folate and B<sub>6</sub>. If cooking cauliflower, steam it or use a small amount of water and avoid over cooking. Although not harmful, cooking in an aluminum pan may turn cauliflower yellow; an iron pan turns it brown or bluish green.

### SOUP DU JOUR (SERVES 6)

½ cup onion, chopped  
¾ cup potato, cubed  
1 13-3/4 oz can low-sodium chicken broth  
24 oz cauliflower  
½ - 1 teaspoon nutmeg or cloves  
12 oz. can evaporated skim milk  
4 scallions (medium), sliced

In a 3-quart saucepan, combine the onion, potatoes, and broth. Bring to a boil. Reduce heat and cook for 5 minutes. Add cauliflower and 1/2 to 1 teaspoon of the desired seasoning. Cover and simmer for 15 minutes. Uncover; remove pan from heat and let cool slightly. Use a hand-held or counter top blender to puree the soup until smooth. Add evaporated milk and cook over medium heat. Garnish with sliced scallions.

WHITE fruits and vegetables in your low-fat diet helps maintain:

- Healthy cholesterol levels
- Heart health
- A lower risk of some cancers

Pick a **better snack**<sup>™</sup> was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site [www.idph.state.ia.us/pickabetersnack](http://www.idph.state.ia.us/pickabetersnack) or Iowa State University Extension web site [www.extension.iastate.edu/food](http://www.extension.iastate.edu/food). For more information about 5 A Day the Color Way<sup>™</sup>, visit [www.5aday.com](http://www.5aday.com).