



# CAULIFLOWER POWER



Factsheet 10-51

## WAVED CAULIFLOWER

Wash and cut up cauliflower. Place in a microwave-safe dish with 1/4 cup of water. Cover and cook on high for three minutes. Let stand covered for two minutes to complete the cooking.

Cauliflower is a powerhouse of nutrients, with 1 cup providing all the vitamin C you need for the day. Vitamin C helps our bodies fight disease, heal wounds and mend broken bones.



## CREATE YOUR OWN DIP

Mix 1 cup low-fat plain yogurt and 1/3 cup mayonnaise. Season with garlic, parsley, oregano, pepper, paprika, dill or even salsa.

### *Did You Know?*

- Cauliflower is truly a flower. Its name comes from a Latin word that means “cabbage flower” or “stalk flower.”
- White cauliflower is known as “snowball” cauliflower, while a purple variety is called “pearl” cauliflower.
- Choose cauliflower with compact florets and bright green leaves. Refrigerate in a plastic bag for up to five days.



## BECOME A SUPERMARKET EXPLORER

- Help Mom find the fruit and vegetable items on her shopping list.
- Count how many different colors of fruits and veggies you find at the store.
- Tell Mom what fruits and veggies are on sale.
- Can you find the dried fruit in the store?

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