



## Cauliflower

### **What is it?**

Cauliflower is a highly modified form of cabbage that belongs to the mustard family, and is a compact head of undeveloped flower buds. Like its cousin broccoli, the tightly bunched florets of cauliflower are connected by a thick core. Typically cauliflower is white, but it can also come in shades of purple and orange.

### **What does it taste like?**

The flavor of cauliflower can be described as nutty, almost sweet, and can be slightly bitter depending on the color. Though it is often compared to broccoli because of its looks, cauliflower has a much milder flavor. When cooked, cauliflower will absorb the flavor of whatever oils, sauces, or seasonings you cook it with.

### **What to do with it?**

Raw cauliflower florets make a perfect snack when dipped in hummus, ranch, or any other vegetable dip, but there are many ways it can be cooked and prepared. You can roast, steam, or saute it to make a wide variety of side dishes. One way to incorporate more cauliflower into your diet is to rice it. Use a food processor to grind up cauliflower to turn it into a rice alternative, and use it any way you would typical rice grains. It can be the base of a stir-fry, used in a chicken and rice soup, or bake riced cauliflower as a gluten free pizza crust!

### **How to store it?**

The best way to store cauliflower is in a loosely closed, or perforated bag in the refrigerator. Cauliflower needs constant air circulation, so make sure not to seal or tie the bag closed. If cauliflower comes wrapped in plastic when bought, simply loosen the knot or cut slits in the top.