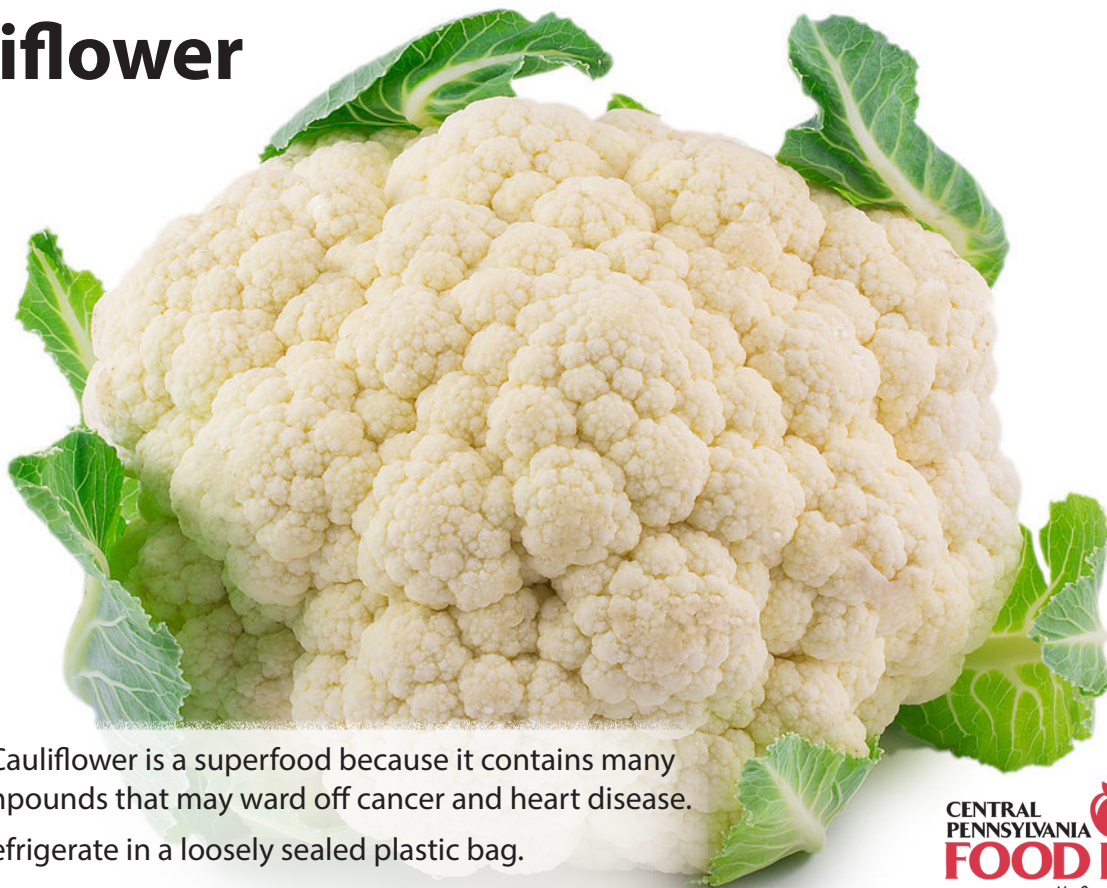


Cauliflower



Nutrition: Cauliflower is a superfood because it contains many healthy compounds that may ward off cancer and heart disease.

Storage: Refrigerate in a loosely sealed plastic bag.

In Season: July - October



Roasted Cauliflower

Makes 8 servings

Ingredients:

1. 1 cauliflower head
2. 2 tablespoons oil (olive, vegetable or canola)
3. If available: $\frac{1}{4}$ teaspoon salt and pepper
4. If available: $\frac{1}{2}$ cup shredded Parmesan cheese (can substitute any cheese)

Directions:

1. Preheat oven to 450 degrees F.
2. Cut cauliflower florets off stem and chop to desired size.
3. Combine oil, salt, and pepper in a large bowl. Toss cauliflower in mixture.
4. Transfer to a baking pan and roast in oven for 15-20 minutes.
5. Sprinkle with cheese and roast for an additional 5-10 minutes.