



# Cauliflower

“Cauliflower: It’s calling your name!”



## Nutrition Tips to Increase Cauliflower Consumption

- Try mashed cauliflower instead of mashed potatoes. Simply boil cauliflower until tender and place in a food processor with milk, salt and pepper. Blend to desired consistency.
- Use cauliflower as a substitute for rice! Grate cauliflower and serve under stir fried veggies.
- Cauliflower is a great addition to mac’ n’ cheese.
- Mix carrots, peas, potatoes, cauliflower and broccoli together and steam. Children are more likely to eat cauliflower if it is mixed in with other fun colored vegetables.

## Nutrition Food Activities for Children

- Check out the following children’s books at your local library:
  - *The Trouble with Cauliflower* by Jane Sutton
  - *The Flea and the Cauliflower* by John Adrian
- Before cooking the cauliflower, allow your child to separate the buds of the cauliflower. When broken apart into separate buds, the cauliflower resembles little trees.
- Allow your child to make mashed cauliflower, have them use a fork or potato masher.
- Set up a taste test, have your child taste the difference between, steamed, sautéed, microwaved, boiled and roasted cauliflower. Which do they prefer?

## Cauliflower Pizza

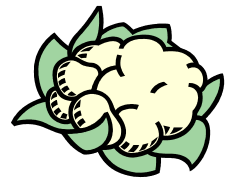
Serves 4

### Ingredients:

1 cup grated cauliflower  
1 egg  
1 cup mozzarella cheese  
1 tsp. oregano  
2 tsp. parsley  
Italian spices, as desired  
Pizza toppings, as desired

### Directions:

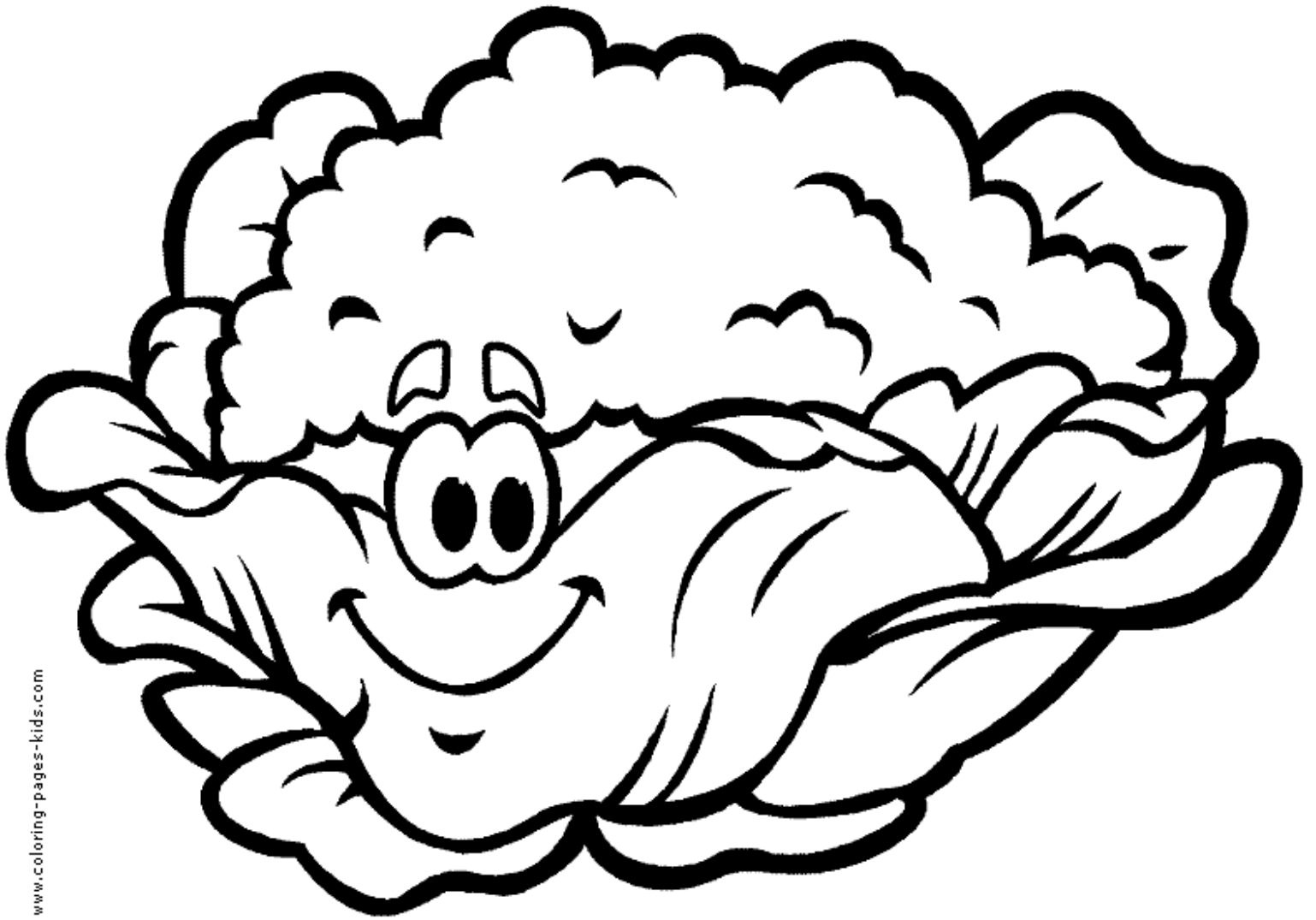
1. Preheat oven to 450 degrees.
2. Spray a baking sheet with non-stick spray.
3. In a medium bowl, combine cauliflower, egg, mozzarella and spices. Press evenly on baking pan.
4. Bake for 15-20 minutes or until firm. Turn over once during the baking process.
5. Add toppings as desired.
6. Place under broiler, on high heat, until toppings are done.



For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.childhoodobesitycoalition.org/>

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www.coloring-pages-kids.com

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