

# NUTRITION FACTS

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Serving size: ½ cup Alaska Grown cauliflower

### Amount Per Serving

Calories 15      Calories from Fat 0

### % Daily Value\*

<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	15mg		1%
<b>Total Carbohydrate</b>	3g		1%
Dietary Fiber	1g		4%
Sugars	1g		
Protein	1g		
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	45%
<b>Calcium</b>	2%	<b>Iron</b>	2%

\*Percent Daily Values are based on a 2,000 calorie diet.

## HEALTH BENEFITS

- Fights cancer.
- Boosts heart health.
- Anti-inflammatory.
- Boosts brain health.
- Detoxification support.
- Digestive benefits.
- Antioxidants and phytonutrients.



# BUYING AND STORAGE TIPS

Look for heads that are white or vibrant in color, are compact, and feel heavy. Avoid heads that have separated or have bruising or damage.

Store in the crisper drawer of the refrigerator in a plastic or paper bag. Place stem side down to prevent the moisture from collecting in the florets. Fresh cauliflower stored in this manner will keep for 7-10 days.

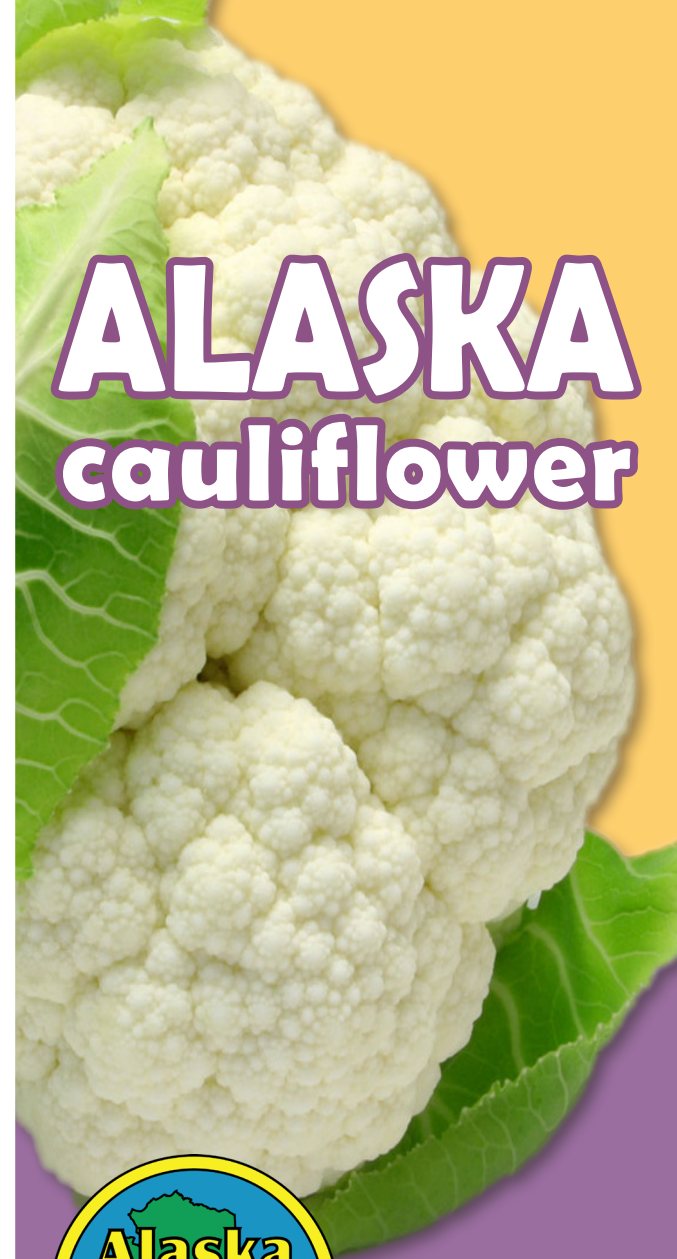


**Kid Connection:** Purchase Alaska Grown cauliflower in multiple colors and varieties and have a 'Taste Test of Colors.'



For more information please contact:  
 Alaska Division of Agriculture  
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 Palmer, Alaska 99645  
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[www.facebook.com/dnr.alaskagrown](http://www.facebook.com/dnr.alaskagrown)

# ALASKA cauliflower



*The most versatile,  
healthy vegetable!*



## FUN CAULIFLOWER FACTS

- Originally from Cyprus, cauliflower was introduced to France from Italy in the 16<sup>th</sup> century.
- Cauliflower is a flower that hasn't fully developed yet.
- Cauliflower leaves are edible.
- Green cauliflower is actually a cross between cauliflower and broccoli.
- Cauliflower is white because as it grows, the head is surrounded and protected by leaves. The lack of sunlight results in no color pigmentation, leaving it white.
- Cooking for 30 minutes or more actually decreases cauliflower's health benefits by 75%.

### ~ ALASKA FACT ~

The average summer growing season in Alaska is approximately 105 days.



# CAULIFLOWER PIZZA CRUST

Serves 6

### Ingredients:

- ½ head Alaska Grown cauliflower, coarsely chopped
- ½ cup shredded Italian cheese blend
- ¼ cup chopped fresh parsley
- 1 egg
- 1 teaspoon chopped Alaska Grown garlic
- Salt and ground black pepper to taste

### Directions:

Place cauliflower pieces through the feeding tube of the food processor using the grating blade; pulse until all the cauliflower is shredded. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 15 minutes.

Transfer cauliflower to a large bowl and refrigerate, stirring occasionally, until cooled, about 15 minutes. Preheat an oven to 450 degrees F. Line a baking sheet with parchment paper or a silicon mat. Stir Italian cheese blend, parsley, egg, garlic, salt, and pepper into cauliflower until evenly incorporated. Squeeze excess water from crust.

Pour mixture onto the prepared baking sheet; press and shape into a pizza crust. Bake in the preheated oven until lightly browned, about 15 minutes.

Recipe courtesy:

[http://allrecipes.com/Recipe/Cauliflower-Pizza-Crust/?prop24=hn\\_slide2\\_Cauliflower-Pizza-Crust&evt19=1](http://allrecipes.com/Recipe/Cauliflower-Pizza-Crust/?prop24=hn_slide2_Cauliflower-Pizza-Crust&evt19=1)

# ROASTED GARLIC CAULIFLOWER

Serves 6

### Ingredients:

- 2 tablespoons minced Alaska Grown garlic
- 3 tablespoons olive oil
- 1 large head Alaska Grown cauliflower, separated into florets
- ½ cup grated parmesan cheese
- Salt and black pepper to taste
- 1 tablespoon chopped fresh parsley

### Directions:

Preheat the oven to 450 degrees F. Grease a large casserole dish. Place the olive oil and garlic in a large resealable bag. Add cauliflower and shake to mix. Pour into the prepared casserole dish and season with salt and pepper.

Bake for 25 minutes, stirring halfway through. Top with parmesan cheese and parsley, then broil for 3 to 5 minutes, until golden brown.

Recipe courtesy:

[http://allrecipes.com/Recipe/Roasted-Garlic-Cauliflower/?prop24=hn\\_slide1\\_Roasted-Garlic-Cauliflower&evt19=1](http://allrecipes.com/Recipe/Roasted-Garlic-Cauliflower/?prop24=hn_slide1_Roasted-Garlic-Cauliflower&evt19=1)

