



Local

PICK OF THE MONTH

February 2023

Purple Cauliflower

Recipe

CHEESY CAULIFLOWER TOTS

Ingredients

- 2 cups grated or finely chopped cauliflower (about 1/2 a medium cauliflower).
- 1 egg.
- 3 tablespoons flour.
- 1/4 cup shredded cheese or cheese of your choice.
- 1/4 teaspoon salt.
- 1/4 teaspoon garlic powder.

Directions

- Preheat oven to 400 degrees and lightly grease a baking sheet or use an air fryer, just reduce the temperature to 375 degrees.
- Combine all ingredients in a medium bowl and mix well.
- Press the mixture together to form about 15 tots and place them on a baking sheet or in the air fryer, leaving space between each one.
- Bake until golden brown and cooked through. About 20 minutes in the oven or 16 minutes in the air fryer. Broil for an extra 2 minutes for crispier tots.
- Serve and enjoy!

Yields 3, 5 tot servings.

Nutrition information per serving:

70 calories, 2.5 g fat, 9 g carbohydrates, 5 g protein, 2 g fiber

Recipe adapted from foodhero.org.

What's so great about purple cauliflower?

- Sweeter flavor and cooks faster than white cauliflower.
- Excellent source of vitamin C which supports a healthy immune system.
- The purple color is due to anthocyanins which have antioxidant properties and may reduce the risk of cardiovascular disease and some cancers.



What's the best way to eat purple cauliflower?

- Roasted, baked, steamed or mashed.
- Fresh with your choice of dip.
- Added to salad, soup or stir fry.

Selection and preparation

<p>Selection</p> <p>Choose a firm, compact head of cauliflower with bright green leaves.</p>	<p>Storage</p> <p>Place cauliflower in a plastic bag and store in the refrigerator stem side down. You can also blanch and freeze for longer storage.</p>
<p>Preparation</p> <p>Rinse cauliflower in running water, remove any leaves and the stem.</p>	<p>Cooking</p> <p>Bake, roast, steam, mash or enjoy fresh. The stems and leaves can be eaten too.</p>



Samaritan Health Services

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