

# TASTE OF THE SEASON...



# C A U L I F L O W E R

## Cauliflower Mac 'n' Cheese

Salt  
 1 head cauliflower, cut into florets  
 1 pound whole wheat pasta  
 2 tablespoons butter  
 ¼ cup flour  
 1 ½ cups milk  
 1 cup chicken broth  
 2 cups shredded sharp cheddar cheese  
 1 tablespoon Dijon mustard  
 pepper



Bring a large pot of water to a boil, salt it, add the cauliflower and cook until crisp-tender, about 5 minutes. Put the florets in a large bowl. In the same boiling water, cook the pasta until al dente, then drain in a colander. Add the pasta to the cauliflower. Melt the butter in a saucepan over medium heat. Whisk in the flour and cook for 1 minute, then whisk in the milk and chicken broth and cook until thickened, about 5 minutes. Stir in the cheese. Whisk in the mustard and season with pepper. Stir the cheese sauce into the pasta and cauliflower. Yum-o!

### Storage Tips:

- ✓ Store unwashed cauliflower in a plastic bag in your refrigerator.
- ✓ Cauliflower will keep in the refrigerator for up to 7 days.

### What to look for when buying Cauliflower-

**Look for firm cauliflower, white with no black spots.**



## Nutrition Facts

Serving Size 1 cup (100 g)

Amount Per Serving	
Calories 25	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	10%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 77%
Calcium 2%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### Cauliflower Fun Facts

- Cauliflower's closest relative is broccoli.
- Do you know why cauliflower is white? It's because while it is growing the head is surrounded by heavy green leaves that shield it from sunlight.
- As its name implies, cauliflower is actually a flower!
- Cauliflower is an excellent source of Vitamin C and a good source of fiber.

Cauliflower is quick and easy to prepare and serves as a great snack. Simply rinse and cut, then serve with low-fat cheese or ranch dip and you've got a crowd pleaser every time!