

Cauliflower

Storage

Store in a paper bag in the refrigerator for up to a week.



Preparation

Wash well in cold water, then cut the florets off the stalk. Cauliflower can be eaten raw as a snack or in salad, and it can be stir-fried, boiled, baked, or roasted.

Nutrition

Cauliflower is beneficial for cardiovascular, digestive, and immune systems. IT is rich in antioxidants and helps to decrease the risk of several cancers. Like broccoli, cauliflower is more beneficial when cooked and steaming is the best method of cooking.